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**GEMMA
COLLINS**

*'I want to
be pregnant
by Christmas'*

**Khloé K's
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new look**

Reveal

PLAYING WITH FIRE

**Zayn's secret
texts to Perrie
as he dates
Brit model Neelam**

**NEWLYWED
PETE ON THE
STRICTLY
LOVE CURSE**

**KATIE'S BOOK
BOMBSHELL**

*'Pete was The
One. He hurt
me so badly'*

*'Kieran was a
porn addict'*

*'Mum made me
feel ugly'*

LOVE ISLAND'S JESS

*'I hate Max. He used
me and now he's
using Charlotte'*

12-18
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The secret to
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*Visible flakes seen at 2ft with regular use.



When it comes to her hair, **Sofia Vergara** doesn't compromise and neither should you. Get up to **100% flake-free*** and **model-beautiful hair** with Head & Shoulders Smooth & Silky Shampoo and Conditioner.





Jess and Max of Love Island lasted six weeks



Sam Faiers smooches boyfriend Paul Knightley

HOW LOVE ISLAND TURNED SOUR

It seems like it's gone from all-out lust in the *Love Island* villa to a fully-fledged war back on home soil for the ITV2 show's red blooded inhabitants.

Just a few short weeks since they were crowned the show's winners, Jess and Max are no more, after a well documented and extremely bitter break-up. An angry and hurt Jess tells us about it on page 22.

But what is it about TV romances that just don't last the distance?

Mark Wright and Lauren Goodger had a decade-long courtship before the *TOWIE* cameras started rolling, signalling the death knell for their relationship. Fast-forward a few years, and both Lauren and Mark's respective relationships are flourishing off screen.

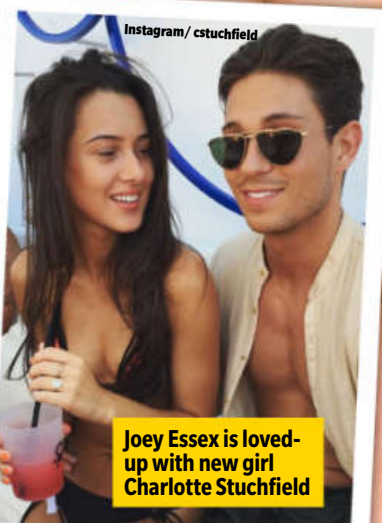
Peter Andre has a well documented love story with ex-wife Katie Price, thanks to umpteen series of their joint

TV reality show. He's been wise enough to pull the plug on fly-on-the-wall TV exposure in order to protect his relationship with new wife Emily, and not make the same mistakes twice (Jordan herself recently blamed the TV cameras for their marriage breakdown).

It's likewise for Sam Faiers and Joey Essex whose romance floundered on screen. Now, both have found happiness after quitting the reality TV show that made their names.

Joey told us last week that his new love, Charlotte Stuchfield, shuns the limelight and has made it clear she doesn't want to be one half of a 'celebrity couple'.

Coincidence? Maybe, but any fireworks make for great viewing, all the same.



Joey Essex is loved-up with new girl Charlotte Stuchfield

We speak to an angry and hurt Jess this week

INSIDE YOUR REVEAL THIS WEEK...



9 Mwah! Posh kisses Romeo as he turns 13



21 The crazy world of Janice Dickinson



31 Mark and Michelle party in Ibiza



10 The stress factor gets too much



48 All the winners of our annual fashion awards

'I WANT TO BE pregnant by Christmas!'

She's ditched *TOWIE* and slimmed down, now Gemma Collins has baby-making on the mind – and is looking for a specific type of guy to be the daddy

She recently quit the show that made her famous, dropped 10lb on a juice retreat and was pictured looking totally fabulous in her swimming costume.

Now Gemma Collins has her sights set on a new goal – she wants a baby and is planning to be pregnant by Christmas.

It's no secret that Gemma, 34, longs to find the love of her life, settle down and start a family – but now she's planning to do it with or without a man.

'Gemma is more desperate to bag herself a baby in the next few months than she is a fella,' says a source. 'Obviously, she still wants to find her dream guy, but she's

also looking into other options, including adoption and artificial insemination.'

After a string of doomed relationships – Gemma's ex, Alex Moss, 35, is in jail, and she's spoken openly about how her former fiancé, Rami Hawash, 40, verbally abused her – Gemma has turned to a psychic to guide her into the post-*TOWIE* phase of her life.

'The psychic told Gemma her dream man will come into her life in the next fortnight,' says the source. 'But she's covered her tracks by saying Gemma should do as much as possible to make a baby happen.'

'Gemma's already been Googling about adoption and has even been to an artificial insemination clinic. She's never been so broody and wants to find a guy in the next three months to father her child. No matter what, she will either adopt or think about having artificial insemination if no man turns up this year.'

Gemma's been enjoying a fling with Sebastian Marc Graham, whom she met in Spain, saying, 'He's lovely and, unlike all of my ex-boyfriends, he's not a skank.'

Current flings aside, Gemma has a very specific idea of the kind of dad she wants for her future baby. 'In an ideal world, the dad would have the looks of Calum Best, who she adores, the brains of her city banker ex, Robert, and the personality of James 'Arg' Argent,' says a friend.

'Gemma thinks a baby could not only be the making of her, but also kickstart a whole new career as a mother because it can open up new avenues for TV shows and even clothing ranges.'

Gemma has long since held the desire to start a family. In her 2013

autobiography, *Basically...: My Life As A Real Essex Girl*, she wrote, 'I still harbour that one big dream... to make someone a loving wife. I still dream about sitting down to Sunday dinners with my hubby and two beautiful children.'

And the former car saleswoman believes leaving *TOWIE*, after four years with the ITVBe show, will help her move forward.

'When you hit your 30s, you do become more questioning of life and start asking, "What is this all about?"' she says. 'I want to mature and grow within. And now I don't have to cope with the pressure of being on *TOWIE* I'll be able to focus on the things that are important in my life.'

Yet friends worry Gemma still has a tendency to go for bad boys. Chloe Sims recently said, 'Gemma says she's sworn off "dodgy geezers", but I wouldn't hold my breath! Bad boys are definitely her type.'

And others close to her are encouraging her to think things through before she jumps into having a baby. 'Her friends think trying to find a man just for a baby is the wrong thing to do,' says a source.

'But Gemma has full faith in her psychic, who has told her that her dream will start to come true over the next few weeks.'

Kelly Jenkins



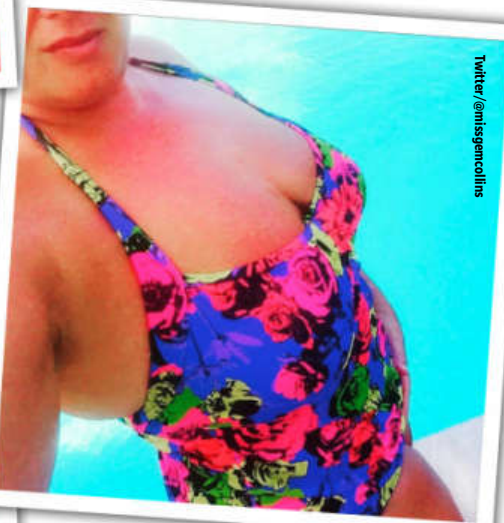
Gemma's currently enjoying a fling with millionaire playboy Seb



The Essex girl is looking better than ever!



Twitter/@missgemcollins



Twitter/@missgemcollins

GEMMA'S HIGHS & LOWS

2011 Joins *TOWIE* – her first scene was selling a car to Kirk Norcross.



2012 Dated Arg for two months and they were even caught having sex in a bush. Their romance ended when he declared he was still in love with his ex, Lydia Bright.

2012 Launched her award-winning plus-size clothing range after 'struggling to find flattering and fashionable clothing in anything bigger than a size 14.'



2013 On-off boyfriend Rami Hawash proposed on Christmas Day, but Gemma broke off the engagement four weeks later, claiming he was just using her for fame. She later claimed he was verbally abusive.

2013 Published her best-selling autobiography, *Basically... My Life As A Real Essex Girl*.



2014 Entered the *I'm A Celeb...* jungle, but quit just three days in after numerous on-air meltdowns. Just weeks before, she was attacked at home by then-boyfriend Alex Moss.

2015 Quits *TOWIE* after a psychic revealed she would 'meet someone, get married and have children.'

'WARPED'

ZAYN PITS HIS NEW GIRL AGAINST PERRIE

With current love interest Neelam Gill failing to commit, Zayn Malik's trying to butter up ex Perrie Edwards... and she's having none of it!

Since their shock split this summer, Zayn Malik and ex-fiancée Perrie Edwards have been doing their best to move on.

Zayn's bagged himself a gorgeous new love interest, Burberry model Neelam Gill – who is currently thought to be spending time with the singer in LA – and Perrie's been showing her ex what he's missing, by posting a series of hot pictures on social media.

But, just as the dust was starting to settle, lothario Zayn has reached out to his Little Mix ex. And, typically, his actions are causing quite a storm.

'Zayn is basically playing the two women off each other,' says our insider. 'He's texting Perrie and trying to keep his options open until he works out what he wants.'

We're told that Zayn has been playing down his relationship with 20-year-old Coventry girl Neelam, as he reaches out to Perrie for the first time since they split.

Zayn said, "I don't want to hurt you, Neelam is

just a good friend. We are not as close as everyone is saying," our source reveals. 'But Perrie replied, "You are a free agent, as am I. Why are you trying to justify any of this to me? It's not my concern." She couldn't have been any stronger or more cutting in her response.'

'That only made Zayn more determined to keep Perrie on side, and he's been sending sentimental messages ever since, talking about their close bond and all the fun they had.'

The couple started dating in 2012, but in 2013 Zayn was accused of sleeping with an Australian waitress in the house he shared with Perrie. They rode out the storm and were engaged later that year, but skip forward to this

March, when Zayn was caught in the middle of yet more infidelity rumours. It was alleged that he cheated on Perrie during a trip to Thailand, which he denied.

Zayn then quit One Direction and went house hunting with his faithful fiancée. But, things weren't to last and Zayn, 22, called time on their three-year romance, reportedly via text message, in July.

Since the split, Perrie,



Burberry model Neelam Gill, Zayn's rumoured love interest



Perrie is refusing to be on the back burner for her ex

22, has shown just how much of a tough cookie she is by looking fierce and spending the summer being fabulous. And, just because Zayn has got back in touch, there's no way the South Shields native is about to crumble.

'Zayn's keeping Perrie on the back burner because Neelam won't make the big commitment yet. It's as if he wants Perrie hovering in the background so that Neelam



will be forced to commit to a proper relationship with him.

'But Perrie wasn't born yesterday. She sees right through this and is refusing to be a 'reserve' in case his first choice relationship doesn't work out. Perrie knows from past experience that Zayn wants her more when he thinks he can't have her, so she's just batting his texts away with one word answers and not giving him an inch,' continues our insider.

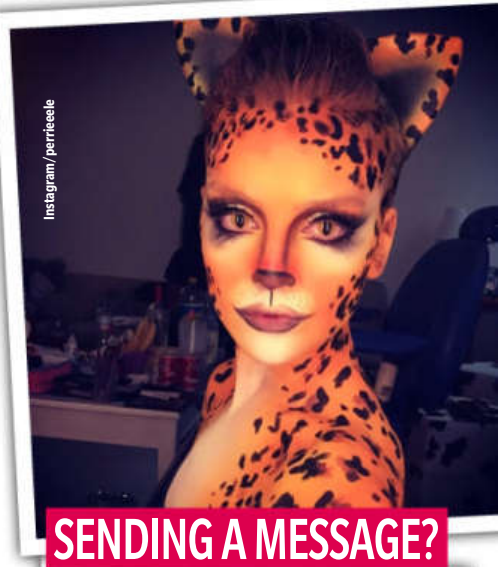
'She thinks all this just shows that Zayn is not mature enough to start any new relationships – but it's not her problem to worry about any more.'

Meanwhile, Zayn's also attempting to convince Neelam that he's still hot property. The pair met through mutual pals at a recording studio in March this year and hung out again at the Asian Awards in April. At the time, Zayn was still with Perrie, but now, one month after their split was made official, rumour has it that Zayn and Neelam have spent time together in Los Angeles.

Our source reveals, 'A lot of his conversations with Neelam have been about how he thinks Perrie would take him back and that he knows there will always be something between them, even if it's not physical.'

As for Perrie, we're told, 'She's in no mood to be used as a toy in Zayn's warped love life. Her message to Neelam is very simple, she won't interfere in her relationship, but good luck to her if she thinks Zayn is settling down material!'

Hannah Doyle



SENDING A MESSAGE?



Perrie dressed up as a cheetah last week and posted the pix on Instagram



Jake Roche is trying to set his Rixton pal Charley Bagnall up with Perrie

PERRIE MOVES ON

Zayn may be sniffing around but it looks like he could be too late.

Rixton's Jake Roche, currently engaged to Perrie's band-mate Jesy Nelson, has matchmaking plans for his fiancée's newly single pal.

When asked how Perrie was doing, Jake said, 'She's great and smiling again. Maybe Charley needs to widen that smile. We're trying to set them up now.'

Yep – he's talking about the 29-year-old Rixton guitarist, singleton and all-round-hunk, Charley Bagnall.

'Jake actually wants to try and set up his fellow band mate Charley with Perrie. He thinks she deserves to be treated like a queen, and should be with a good guy, minus the inflated ego,' one insider said.

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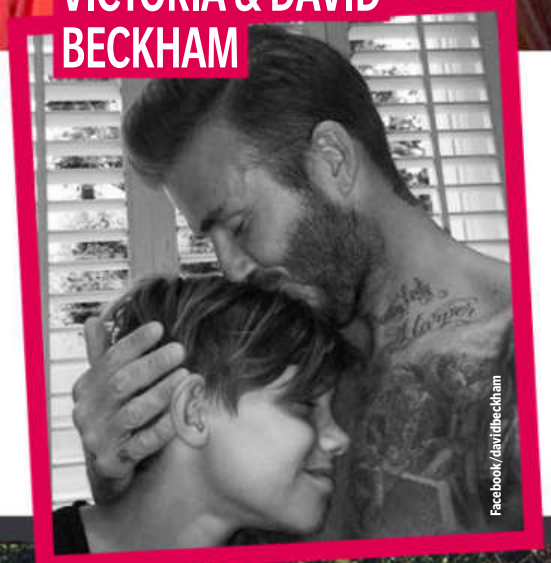
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Romeo's 13th
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**Tennessee
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big brother
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catch the bus**



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KATIE PRICE

Reveal celebs

**Katie took
Junior and
Princess off
to buy new
school shoes**

PROUD *parents*

These celeb mums and dads are shouting from the rooftops about their brilliant broods

It was back to school for children everywhere last week and Katie Price was among the beaming mums who took to social media to share pics of her own brood getting ready for the new term.

Like most frazzled parents, Katie, 37, spent the few days prior racing around the shops for new shoes and pencil cases for Junior, 10, and Princess, eight – her children with ex-husband Peter Andre. She shared her excitement with her 2.6 million social media followers, writing, '2 days until my Junior and Princess go back to school so off shopping for school stuff! I used to love getting all new stuff.'

She also enjoyed one last family fun day at Thorpe Park before it was back to school.

Proud as punch mum Coleen Rooney, 29, also shared her joy as son Kai, 5, looked smart on his first day back at school in an Instagram pic captioned, 'Back to school for Kai!'

Across the pond, Reese Witherspoon, 39, also posted an endearing pic of her sons Deacon, 11, and Tennessee, two, captioned, 'Waiting for the bus with brother #backtoschool.'

David and Victoria Beckham love posting proud snaps of their growing offspring, this time it was Romeo's turn on 1 September as he enjoyed his first day as a teenager.

To celebrate their middle son's 13th birthday, mum Posh, 41, posted a heart-warming pic of herself planting a kiss on the birthday boy's cheek, writing, 'Happy birthday baby boy. We r all so proud and love you so, so much. x 13 today!!!! X mummy'

Dad David, 40, shared the sentiment with a similar post on his Facebook page, but with a moody black-and-white snap.

That's parent goals right there, peeps.

Emma Hunt



Instagram/@coleenro

COLEEN ROONEY

Too cute!
Klay waved
off Kai on his
first day back
at school

Rita feels like a scapegoat for the show's poor start

As *The X Factor* loses a million viewers in one night, we reveal how...

- Rita Ora feels Simon Cowell is blaming her for the ITV show's bad ratings
- Simon gives himself a month to turn things around, or it'll be the last series
- Cheryl Fernandez-Versini sobs over cruel online comments about her weight

THE STR

The *X Factor* burst back on to our TV screens with new judges, new presenters, a spruced-up format and a bunch of top-notch singers.

Rita Ora and Nick Grimshaw joined Simon Cowell and Cheryl Fernandez-Versini behind the judges' desk and Caroline Flack and Olly Murs were brought in to present. But the much-hyped changes weren't enough to bring in more viewers.

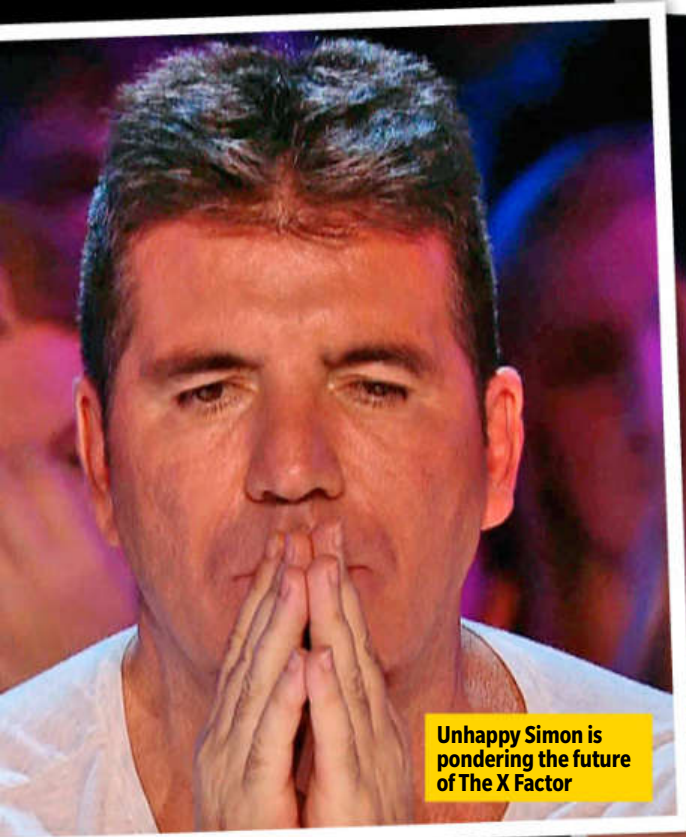
The opening show was watched by 7.5 million people – the lowest launch night viewing figures in a decade. They had dropped by a further million by the second night... and that was before rival BBC show *Strictly* even started.

The disappointing viewing figures have had a big impact on those involved in the show – and big boss Simon isn't happy.

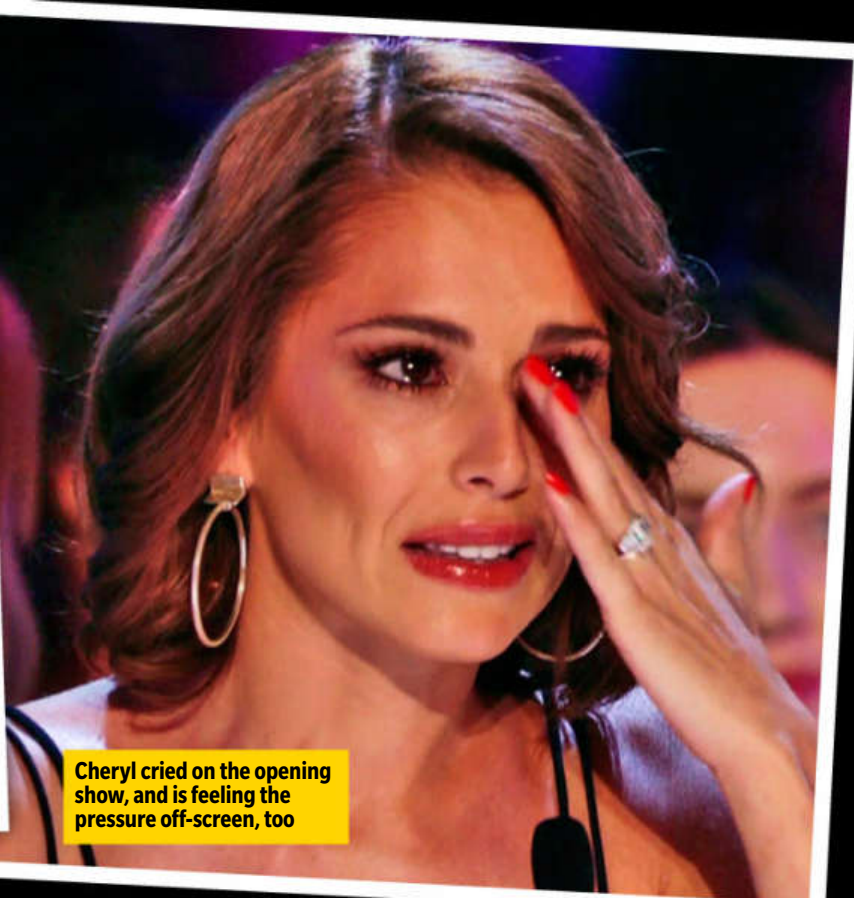
'Simon is absolutely livid about how the ratings have gone,' says an insider. 'He feels humiliated because this was the year he changed so many things and took a real leap of faith by getting rid of Louis [Walsh] and bringing in Nick and Rita.'

'He was sure it would shake things up and deliver record ratings – but that couldn't be further from what actually happened.'

Now, Simon, 55, has made the dramatic decision to ditch the show if things don't improve. 'Simon doesn't want the added humiliation of having ITV drop the show after this series, so he's been saying, "If



Unhappy Simon is pondering the future of *The X Factor*



Cheryl cried on the opening show, and is feeling the pressure off-screen, too

RESS FACTOR

things don't improve in a month, it's over forever. I won't be doing it again next year."

RITA'S THE SCAPEGOAT

One person who's really feeling the heat is new girl Rita Ora, 24. Simon nabbed the platinum-selling singer from rival BBC show *The Voice* – where she was a coach last year – in a bid to engage with a new, younger audience. Yet she was met with mixed reviews on Twitter during *The X Factor*'s launch show.

One viewer wrote, 'I want to watch *X Factor* but really don't think I can tolerate Rita Ora.' While another said, 'Rita is the perfect addition to the *X Factor* panel. She brings something no one else can.'

'If things don't improve in a month it's over for good'

Now the *R.I.P.* singer feels Simon's using her as a scapegoat for the bad ratings.

'Rita is really unhappy with how the whole show has started,' explains our insider. 'She feels like Simon's blaming her behind the scenes for the poor ratings, just because she's the new girl on the block. It's almost as if Simon is scared to even suggest it could be

Cheryl's fault – so she's the scapegoat.

'She thinks her and Nick should have had more screen time and that she can't compete when she's always being compared to Dannii [Minogue], Mel B and Sharon [Osbourne] and the kind of ratings they got when *X Factor* was much more popular.'

CHERYL'S BODY-SHAMING ANGER

Facing a different type of pressure is new executive producer Cheryl Fernandez-Versini, 32. She's faced lots of criticism over her plummeting weight – and viewers were quick to comment on her changing looks on social media during the shows.

Thousands took to Twitter to comment on Cheryl's weight loss – and the remarks ranged from concerned to critical to downright offensive. One viewer wrote, 'Cheryl looks gaunt at the moment, her weight loss is profuse, I hope she is doing OK.' Another wrote, 'Cheryl – so skinny she's actually lost her looks. Have a burger babe.'

While others posted pics comparing the ex-Girls Aloud singer to a skeleton.

When images first emerged of the star looking thinner, Cheryl – who married husband Jean Bernard in secret last year – put it down to the

grief of losing her father-in-law, saying, 'So sick and tired of it being OK to call somebody thin and "a bag of bones". You have no idea what I have been through. Just losing my father-in-law recently and everything that comes with that.'

And she recently said, 'I am very happy and very healthy. Every woman has a different body type and handles stress and grief differently.'

Yet sources close to the star say that – despite being a tough cookie who usually takes online trolls in her stride – this time their words have hit hard.

'Cheryl is totally distraught at the way she is being bullied over her weight online,' says a source. 'She thought this time around on *The X Factor* things would be different and she would be judged on her performance in front of the cameras.'

'But it's already clear she is going to be under massive pressure over her weight throughout the whole series. Their comments made her sob.'

'She's now vowed not to read any of the nasty comments on the internet from trolls calling her skinny and ill.'

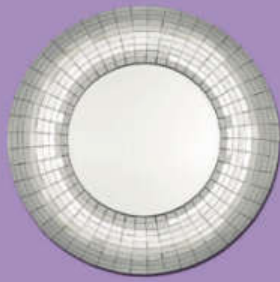
Kelly Jenkins

Check out reveal.co.uk for breaking *X Factor* news and goss

Reveal says

'Let's see what happens when the live shows begin.'

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SUE'S SECRET PAIN

Great *British Bake Off* host Sue Perkins has revealed that she's been living with a brain tumour for eight years.

Sue, 45, who's dating TV presenter Anna Richardson, was diagnosed with a benign growth on her pituitary gland almost a decade ago while filming a TV series.

Speaking of the tumour which stopped her from being able to bear a child, she said, 'We live in a time and place where we think everything is possible. I don't know if I would have gone on to have children. But as soon as someone says you can't have something, you want it more than anything.'

And while the star reassured fans that it was nothing to worry about,

Sue revealed that she does suffer with multiple side effects.

'I'm lucky that it's benign so it's not in itself a worrying thing,' Sue said. 'Sometimes it's big and makes me mad, and sometimes it's small and is in the background. Sometimes it screws up my hormones. I have various tests now to make sure the side effects aren't too onerous.'

After revealing the news publicly, Sue was flooded with support from fans describing her as 'brave' and 'inspirational' as she was praised for speaking about her health problems.

Sue later tweeted, 'Ta for the sweet tweets about my prolactinoma. All fine, let's focus on those less fortunate in the world X'



Sue, with partner Anna Richardson, has spoken about her brain tumour

CAROLINE READY FOR ROMANCE

XFactor's Caroline Flack has opened up about her love life – and admitted she's oblivious to men making moves on her.

'Often I don't know whether I'm being chatted up... I can't tell,' said Caroline, 35. 'When I met my last boyfriend [Jack Street] it was a stand off of "who's going to come over to who?". We clocked each other and I thought, "He's never going to come over," so I went to him. He still mentions it now.'

And while *The X Factor* host remains single for now, having split with Jack, 27, late last year, she doesn't rule out the possibility of a romance, despite her full-on schedule.

'When people say, "I haven't got time for a relationship," that's not true for me,' Caroline revealed. 'I've always got time for a relationship. If you like someone, even if it's 2am and you've just finished work, then you get that lovely

feeling where you want to see them for an hour... I've always got time for that.'

But while she's open to romance, Caroline admitted she isn't resorting to dating apps or websites just yet.

'I could use Tinder, but I'm quite traditional when it comes to meeting people,' she said. 'It's a chemistry thing for me – you just instantly feel it or you don't.'

Katherine Parkes



Caroline split with Jack (left) last year



Photos: Barcroft Media, Ian Davidson/The Picture Library Ltd, Rex Features



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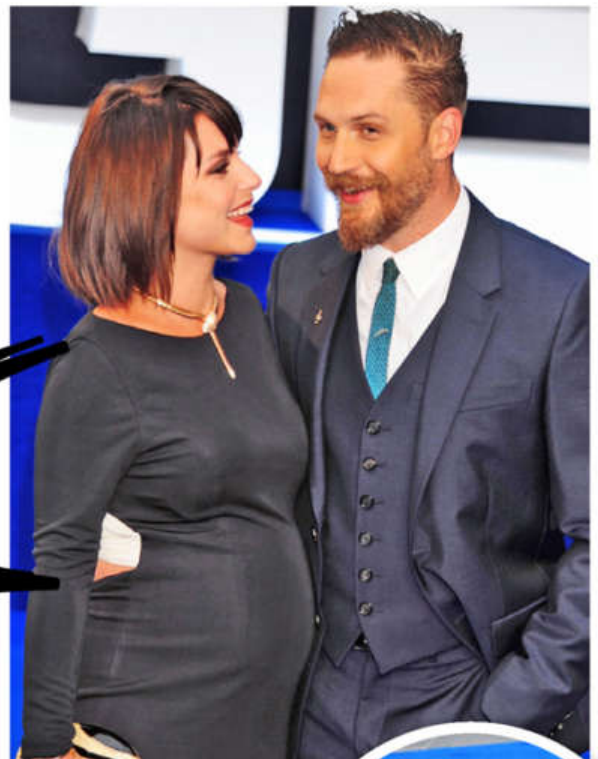
CAT EXPECTING HER FIRST CHILD AT 38

Congratulations are in order for TV's Mr & Mrs Cat Deeley and Patrick Kielty, who have announced they are expecting their first baby together next year.

The presenting duo took to Twitter, the modern way to announce their happy news, writing, 'Exciting news... Paddy and I are so happy to be expecting our first child in the spring... Lucky us.'

Irish Patrick, 44, recently joked, 'I hope any child we might have has Cat's looks and my accent. With our two strong accents, we basically needed subtitles or a UN translator.'

We're tipping 38-year-old Cat's former *CD:UK* co-stars Ant & Dec as godparents, obvs.



TOM TO BE A DADDY AGAIN

Hollywood hunk Tom Hardy's getting in on the act, too.

On the blue carpet for the world premiere of his new movie *Legend*, a biopic about notorious East End gangsters the Kray twins, Tom also took the chance to surprise us with some happy news of his own.

Along with his gorgeous dog Woody, who did a top job of shooing away pesky pigeons in London's Leicester Square (above), his new wife Charlotte Riley, 33, showed off a surprise baby bump.

The couple, who tied the knot in secret last year, hadn't announced their happy news before the premiere, so actress Charlotte's expanding waistline in a black maxi dress came as a surprise.

Tom is already dad to a seven-year-old son, Louis, from a previous relationship, while this is Charlotte's first baby. Former party-boy Tom, 35, said fatherhood had made him reassess his priorities.

Emma Hunt



McBABY #2!

Tom Fletcher has announced that he is expecting his second child with his wife of three years, Giovanna.

The pair announced the happy news via 30-year-old Tom's YouTube account, just as they did with his wife's first pregnancy.

The funny clip shows the couple loading up a video game, before selecting their one-year-old son Buzz, who sits sweetly on his dad's lap, as 'player one'.

Meanwhile, when 'player two' is shown simply as a question mark, the camera moves to focus on 30-year-old Giovanna's stomach and a picture of an ultrasound scan.



Instagram /tomfletcher

Taking to Twitter, McBusted's Tom wrote, 'Thanks for all the messages about our Player 2 news! Happy and excited don't quite cover it.'

The news comes a month after bandmate Harry Judd, 29, announced that he and his wife Izzy Johnston are expecting their first child in January.



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Kieran is preparing for the worst!



Peter and manager Claire Powell will face Katie in court

Katie's book

BOMBSHELL

Katie Price hopes her new autobiography heals her rift with ex-hubby Peter Andre, as she brands him The One. Current husband Kieran doesn't get off so lightly...

Every time Katie Price writes a new autobiography, her exes are no doubt living in fear of a battering.

And, with a big court battle with ex-husband Peter Andre, 42, looming in January, you'd think he would be on her hit list. Instead, Katie hopes to call a truce by saying only good things about him.

Of the new book, out next month, we're told, 'Katie will talk about how she loved Pete like he was made of gold and it still hurts her now that he moved on so easily.'

'She's hoping that, if she shows some serious regret for the first time, Pete will finally start speaking to her and realise she's not just some vengeful ex.'

'He's the only ex-boyfriend that will come out of her book with any bit of good, although he won't escape total blame for their marriage breakdown.'

The warring exes have two kids together – Junior, 10, and Princess, eight – but Katie's former *Celebrity Big Brother* housemate, Katie Hopkins, revealed earlier

this year that they don't even have each other's mobile numbers. Pete's wife, Emily MacDonagh, and Katie's husband, Kieran Hayler, act as go-betweens.

The source says, 'Katie wants to end the feud. She also wants to put her side over before the court case in January [in which Katie accuses Pete and his manager, Claire Powell, of selling stories about her, which they deny], as she dreads what will be said.'

'She thinks it acts as therapy, but it's been heartbreaking for her to relive certain situations. She plans to say that Pete was the love of her life and that it broke her heart when they split up – he was The One.'

'But, in true Katie style, it won't be all sweetness and light. She'll also reveal how Peter hated her modelling career and tried to control what she did. It sounds negative, but it's nothing compared to what she'll say about some people!' our insider adds.

Katie previously hit out in print at Pete for breaking up their family, and for 'building up his own career and image by

trashing me', in her 2013 autobiography, *Love, Lipstick and Lies*.

KATIE'S SURGERY AND SELF-DOUBT

Understandably, husband Kieran, 28, is dreading the book coming out as Katie, 37, spills all about his affairs with her former pals, Jane Pountney and Chrissy Thomas.

'Kieran knows he'll get a hard time in the book. Katie goes fully into his affairs and is going to be 100 per cent honest.'

'She'll also tell about him keeping over 200 images of Jane and Chrissy on his laptop, and how he was addicted to watching porn.'

Katie's latest book won't just be about her exes, but about her surgery addiction and self-loathing, too. The source says, 'Her mum, Amy, is the reason she started getting surgery at a young age.'

'Amy always said Katie had fat knees and a bent nose, which gave her a complex.'

'Katie got her first lot of liposuction at 17 by faking her age.'

Rebecca Greenow

The Kardashians' CHANGING BODIES

They're the queens of transformation – but for these sisters it's not just about the hair, make-up and clothes, but their shapes, too

KIM

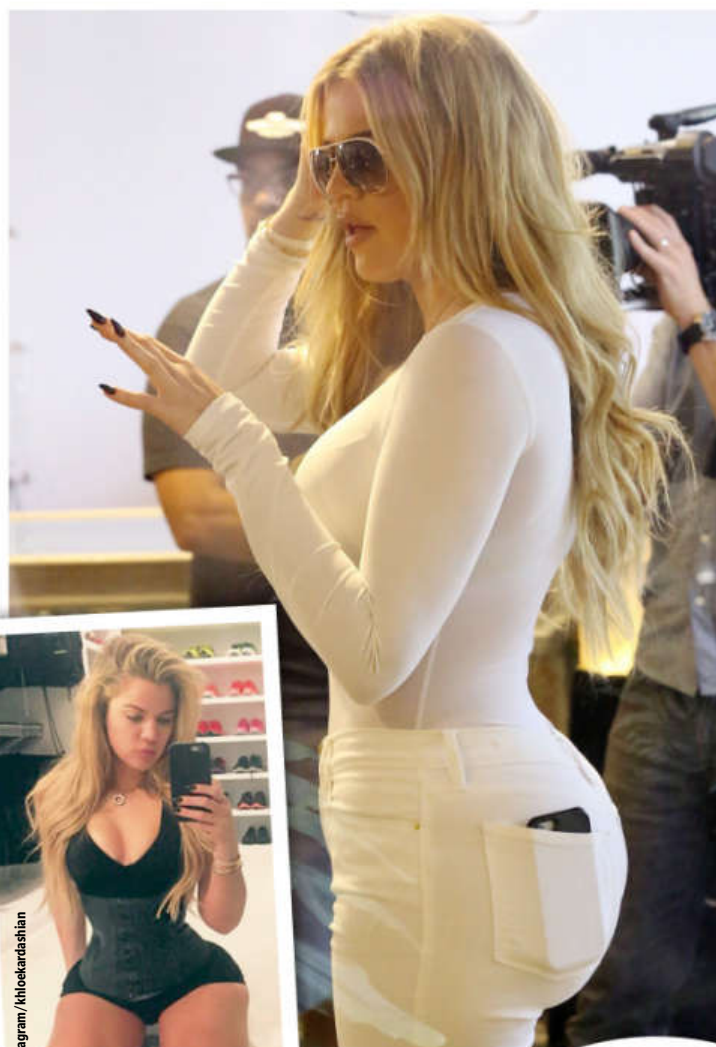
History seems to be repeating itself for poor Kim. The pregnant reality star, 34, is once again falling victim to the body bullies, who have been quick to criticise her changing shape ever since she announced her pregnancy.

Kim chose this khaki outfit for the MTV VMAs recently and was met with a wave of criticism from viewers. One Twitter user wrote, 'Kim's dress is so tight it doesn't even look like she has a baby bump.' Another posted 'She just looks big not pregnant.'

Sister Kourtney leapt to her defence, reminding everyone she is indeed pregnant with a picture of them on Instagram.

Kim hit back in a recent interview, explaining why hurtful comments about her weight during her last pregnancy means she no longer smiles in photos. 'I don't want to smile for them... It changed my mood, it changed who I was, it changed my personality a lot.'

Kim's ever-changing body is a work of art in itself



KHLOÉ

She's the first to admit she's 'addicted' to exercise. And, since becoming best friends with the gym, Khloé, 31, has also been sharing her love for her new weight-loss accessory – the waist trainer.

In addition to her gym selfies, Khloé showed off her incredibly trim middle in a picture posted on Instagram last week, captioned, 'I'm obsessed with the gym but a little extra help never hurt nobody... Once you try it, you will become obsessed!!!'

Khloé has become 'addicted' to the gym and loves her waist training corset



KENDALL JENNER

With New York Fashion Week around the corner, supermodel Kendall, 19, is in diet lockdown mode to ensure she's in top shape.

The star has been showing off a starkly slimmer figure in the past week, a result of a souped-up diet and exercise regime, which is common with models in the run-up to the highly lucrative fashion week.

Kendall previously admitted just how far she goes to obtain her figure. Last season, she said, 'I usually start my day off with a cup of detox tea. I have like 12 cups a day.'

But it seems there's a deeper reason for her desire to look as svelte as possible. She was burned by weight jibes last year when cruel trolls commented on what looked like cellulite on her thighs.

'Kendall wants to look her slimmest on the runway and has been working out for two hours a day,' a source said. 'She's gone from a size 6 to a 4 and family and friends have commented on how tiny her waist is. She's determined not to be ridiculed again.'

Instagram/KylieJenner



Kourtney, looks even fitter than before she had her three children, pictured here in 2008



KOURTNEY

Eldest sister Kourtney's done a spectacular job of bouncing back, not only after the birth of her third child, Reign, eight months ago, but from the heartbreak diet (she split from her partner, Scott Disick, in June).

Kourtney, 36, has been grabbing all the headlines of late and has been showcasing her spectacular new figure in sexy bikinis.

Like Khloé, she too has documented her love affair with the gym, admitting recently, 'I think I forget every time – you give birth and you want your stomach to be flat again. It does take a lot of work, but I usually start slowly by going on walks with the baby. Now I'm in full force. I've been working out with a trainer, and having somebody else to work out with really helps motivate me.'



Already svelte, Kendall has dropped to a size four



Kylie (right) pictured with Kendall in 2010, looks incredibly different to how she does now

KYLIE JENNER

The youngest of the klan, Kylie, 18, has made no secret of her changing shape over the past 12 months.

She's had lip fillers and it's rumoured that her breasts and bum have been pumped up and super-sized to match her sisters'. But, the impressionable teen is not stopping there.

In recent weeks she's taken on the guise of both her sister Kim, copying her outfits, and planning to steal newly blonde Khloé's crown, writing on Instagram 'I'm coming for you Khloé'. Kylie also threw a strop after her mum, Kris, 59, was voted hotter than her in the same swimsuit. Ouch!

But, her most recent incarnation seems to be Blac Chyna – her boyfriend Tyga's ex, and the mother of his son – thanks to an array of wigs. Back in April, Blac Chyna posted a photo of herself with a pair of huge false lips, thought to be a dig at Kylie.

Emma Hunt

THE SMART WOMAN'S CHOICE

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THE WEIRD WORLD OF CBB'S Janice

We look at the bizarre life of CBB's firecracker, the world's first supermodel (as she calls herself), Janice Dickinson

MEGABUCKS MODEL

Born in Brooklyn in 1955, the sassy brunette was snapped up as a model and became a huge success, earning over £1,000 a day in the 70s and 80s. She later worked as a judge on the first four seasons of America's *Next Top Model*.

Janice, 60, declared bankruptcy in 2013, amid reports that she owed around £300,000 in unpaid tax. It was also reported that she had a pile of plastic surgery bills. It's been rumoured that Channel 5 paid £300,000 for Janice to appear on this season's *Celebrity Big Brother*.



In 1977, leggy Janice was in demand as a fresh-faced beauty



Get your daily CBB fix at reveal.co.uk



Her relationship with late dad Ray spiralled into toxic hatred

DID SHE KILL HER DAD?

Life wasn't always about catwalks for Janice. She called her father a 'rageaholic paedophile', and said, 'Because I wouldn't give in and let him have sex with me, I was verbally and physically abused on a daily basis. I was told that I looked like a boy and wouldn't amount to anything.'

The model later wondered if she had accidentally killed her late father by throwing his heart medication out of a car window. She has since struggled with an addiction to prescription drugs, even attempting to kick her use of anti-anxiety medication on US TV show *Celebrity Rehab*.



Janice made her fellow supermodel Jerry feel trigger-happy...

JERRY HALL THREATENED HER WITH A GUN!

Janice had a fling with Mick Jagger while he was dating model Jerry Hall, and said, 'I hadn't exactly been keeping quiet about seeing Mick and someone must have told Jerry. She told me, "Stay the f*ck away from Mick. I've got a gun in my purse and I know how to use it."'

As for all the partying, Janice has said, 'I tried everything! I was high-speed Janice, addicted to drugs and alcohol.'

CELEBRITY RAPE?

Janice has also alleged that she was raped by actor Bill Cosby in 1982. Known as American TV's 'Mr Nice Guy', Cosby has been accused of sexual assault by other women. Janice claims he gave her a pill and a glass of wine during a dinner date, she then blacked out and woke up to discover what had happened. Cosby's legal team accused her of lying, and Janice sued for defamation in May.



A bitter war of words with Bill Cosby brought her to the very brink

JANICE DICKINSON VS. BILL COSBY
Dickinson alleges Cosby raped her in 1982

HAD 'MORE THAN 1,000' LOVERS

Outspoken Janice, who says she has slept with over 1,000 men, has been divorced three times and dated stars Sylvester Stallone and Jack Nicholson.

In her 2007 autobiography, *No Lifeguard on Duty*, mum-of-two Janice said, 'Back in the early 80s, I was at the peak of my career and partying hard. I was on the cover of almost every magazine in the world and could pretty much take my pick of men – even the very famous ones. And I did.'



Sly – one of the model's many conquests



Max and Charlotte are seen out partying (and snogging) in London



'MAX IS ONLY USING CHARLOTTE FOR FAME - *good luck to her*'

As pictures emerge of Max Morley snogging Charlotte Crosby, his ex and fellow Love Island winner, Jess Hayes, tells us how...

- He cheated on her with other women
- He lusts after the 'Mark Wright lifestyle'
- She regrets splitting the £50,000 show winnings with him



He's caught on camera with TOWIE babes Jess and Danielle



Match not made in heaven: Jess and Max on Love Island



Jess bawls Max out about leaving a club with the TOWIE girls

I imagine seeing pictures of your ex-boyfriend snogging another girl, just days after you split up.

That's what happened to *Love Island* winner Jess Hayes last week. When we catch up with her, the morning that pictures emerged of her ex, Max Morley, snogging *Geordie Shore*'s Charlotte Crosby, she's understandably devastated.

'I hate him, he's rubbed it in my face and that's completely changed my opinion of him,' she angrily tells us, just hours after seeing the pictures.

'We split up a week ago, and only two days ago he was texting me saying, not only does he miss me, but he'd love to spend the day with me. Then, last night, he went off with Charlotte!'

'Max said he never liked me and all he thought about was his ex when he was on Love Island'

'He hasn't replied to my texts, he hasn't apologised – instead, he's been on Twitter, favouriting nasty messages about me.'

Max, 22, and Charlotte, 25, were pictured snogging in the back of a taxi as they left the Jeans For Genes charity party in London last Wednesday.

The following morning, as we're speaking to Jess, 22, pictures emerge of Max and Charlotte leaving a hotel after spending the night together.

And Jess has her suspicions that the romance could have started before she and Max called it a day the previous week.

'Max went to Newcastle for a club PA a couple of weeks ago when we were together. Charlotte was there, so they've probably been messaging since then,' she fumes.

'I also saw she'd been liking his pictures on Instagram and, let's be honest, they looked pretty f**king cosy together in those pictures, didn't they?'

But learning about Charlotte is just the tip of the iceberg for Jess as, the same day,

Max's ex-girlfriend – who he dated before he entered *Love Island* – contacted Jess to say he hadn't been loyal to her since they left the show.

She continues, 'Max's ex has just sent me screenshots of messages between her and Max. The messages were proving that he went to Leeds to meet her the week after we won *Love Island*.'

'He was telling her he never liked me, that being with me was all an act, and all he thought about in the villa was her.'

'I also had a comment left on my Instagram page from a member of the public, saying they'd seen him getting with another girl a couple of weeks ago – and he would have been with me then, too.'

In the *Love Island* finale, when Jess and Max were crowned winners of the show after choosing to become boyfriend and girlfriend, Jess chose 'love over money',

and split the £50,000 winnings with him.

A week later, Max was spotted out clubbing with *TOWIE*'s Jess Wright and Danielle Armstrong twice in one week, and Essex babe Jess, 29, was forced to deny false rumours they'd hooked up.

Jess tells us, 'He used me to win the show, and I think he's only with Charlotte for fame, too.'

'First he was getting pictured with the *TOWIE* girls, now it's *Geordie Shore* – who's he going for next, someone from *Made In Chelsea*?

'He told his ex-girlfriend he wanted the "Mark Wright lifestyle" and he'll do anything to be famous.'

'He comes across as nice and gentlemanly, but he's not – he's a player. So good luck to Charlotte, or whoever comes along next.'

Jess says Max began blowing hot and cold within a week of them returning home from Mallorca, around the time

he was pictured with the *TOWIE* girls.

Jess says her then-boyfriend never returned to her hotel that night after partying with the Essex stars.

MAX'S CRUEL MESSAGE

Jess Wright denied anything had happened, and Jess believes her.

But she says, 'Max was supposed to be coming back to the hotel but, that night, he was pictured getting into a cab with the girls. He turned up at the hotel the next day instead.'

'I was crying – I was like, "Where the hell have you been?" I was so upset, I got my dad to come to pick me up.'

Jess knew it was the beginning of the end, and they split a fortnight ago.

She tearfully admits, 'I guess it's quite obvious now that the feelings in the relationship were very one-sided.'

'I did actually trust him and I wanted to make a go of it as boyfriend and girlfriend when we got out of the villa.'

It's the reason Jess chose to split the *Love Island* winnings with Max rather than pocket the whole £50,000.

Now she says, 'In the moment, I wanted to choose love but, in hindsight, I should have taken the £50k – I'm too bloody nice, to be honest!'

As we're about to finish our conversation with Jess, she's further upset when she finally hears back from Max. Far from an apology, she simply receives a voice note from her ex, telling her to 'get over it'.

Rebecca Greenow

Reveal says

'Onwards and upwards, Jess. You're a beautiful girl – someone better will come along!'



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MILLIONAIRE *munns*

From replica royal nurseries to turning down fortunes, these wealthy mommas are focusing on their tots

KIM SPLASHES £500K ON A 'ROYAL' NURSERY!

Kim Kardashian West and her hubby Kanye are sparing no expense as they prepare for the long-awaited arrival of their baby boy.

In fact, we're told that the Wests have splurged a whopping £500,000 on a nursery for their son, due in December. And the theme of the lavish nursery? Royal Baby, of course!

'Kim's had a replica of King Louis XIV's bedroom at the Palace of Versailles built for her second child. As well as 18 carat gold-plated paint on the walls, Kim's installed remote-controlled red velvet curtains which close around an ornate gold cot. She's furnished the room with genuine antiques from the 15th century, just like the French royal once owned,' says our source.

Sounds, um, subtle.

Kimye, thought to have a joint net worth of over £100 million, fell in love with the Palace of Versailles, near Paris, and have visited the famous landmark on numerous occasions.

'It's so decadently decorated. They hoped to get married there and spend a night in one of the king's bedrooms, but French authorities refused.'

So Kim, 34, and Kanye, 38, have done the next best thing, recreating parts of the ornate palace in their £8 million Bel Air mansion.

'Kim's been getting fed up throughout this pregnancy, so throwing herself into designing the nursery takes her mind off things,' adds our source.

'She's spent hours looking at photos and overseeing details with her interior designer. There's a chaise-longue next to the bespoke cot, so that she can feed the baby while reading to North, and she's spent a fortune on a surround sound speaker system, so they can listen to Kanye's music.'

'The doors to the walk-in wardrobe and en-suite match the ornamental

plastering. Kim has commissioned a Parisian crystal chandelier and a hand-painted Baroque mural with cherubs, clouds and doves for the ceiling. It's all very luxurious, but also functional for a newborn baby.'

And the royal theme doesn't end there. We're told, 'They are talking about naming their son King.'



Kim's looking forward to the arrival of North's new sibling... King??



Kim and Kanye want to create the Versailles vibe for their new baby



ADELE TURNS DOWN £80 MILLION TO STAY HOME

Adele has turned down a whopping £1 million A NIGHT so that she can spend more time with her son, Angelo. The singer and songwriter, who took a break from recording in 2012 to focus on family life, was reportedly offered £80 million to tour her long-awaited third album.

But an insider said, 'There are no concrete plans for a tour. In fact, people at the label admit they are clueless about whether Adele will tour at all. It's understood she's not keen to travel with Angelo, as she adores her quiet family life.'

Adele, whose son – with boyfriend Simon Konecki, 41 – turns three next month, is said to have been offered the vast sums by promoters keen for a worldwide stadium tour or a lucrative residency in Las Vegas. Britney Spears is currently in the middle of her own two-year Vegas stint and will reportedly net around £20 million for her time.

But 27-year-old Adele doesn't want, or really need, the upheaval, as it's thought that the singer/songwriter from London is already worth just shy of £50 million.

The star announced that she'd be taking four years off in 2012, admitting that her gruelling work schedule had impacted on her private life too heavily.

'If I am constantly working, my relationships fail. So at least now I can have enough time to write a happy record. And be in love, and be happy.'

Reveal says

'Oh, how the other half live!'

Adele feels her family life with Simon and Angelo is priceless

TAMARA THE BILLION-HEIR EARTH MOTHER

Her family is worth a reported £3 billion, so you could forgive Formula One heiress Tamara Ecclestone for hiring a nanny or three to look after her daughter Sophia.

But Tamara's a fan of attachment parenting and recently said that she's never been away from her 18-month-old for more than 20 minutes. Even granddad Bernie Ecclestone can't be alone with her daughter.

'It's not anything against him, I'm just very attached. I don't have a nanny and I've never left her longer than 20 minutes, and even then that's with Jay [Sophia's dad, Jay Rutland]. I feel like I can't leave her because she needs the boob,' admitted the heiress.

Tamara, 31, has breast-fed Sophia since birth and regularly shares 'brelfies' on Instagram, for which she's been both praised and criticised.

'Breastfeeding is the most natural thing you can do. I'm not ashamed of it. People might think I'm doing this to cause controversy, but it's just something that I believe in,' Tamara adds.

'Some people say that breastfeeding makes your child clingy. Sophia's not, she's very friendly and outgoing.'

Husband Jay hasn't spent a night alone with his wife since their daughter was born, because Sophia shares their bed each night.

And though their marriage is rumoured to have suffered as a result, Tamara argues, 'Our marriage was never on the rocks. Jay says he can't imagine her not being in the bed with us and that

he really respects me for the mum that I am. This isn't going to be forever. We have the rest of our lives to have date nights.'

As well being an heiress, Tam's also a business success in her own right. She nets plenty of cash thanks to her Show Beauty hair products and plush blow-dry bars.

And what she saves on nanny costs, she splurges elsewhere. The couple threw a lavish farmyard-themed party in the garden of their £70 million London mansion for Sophia's first birthday. Complete with a petting zoo and a four-foot castle-shaped cake, the bash is thought to have cost £70,000!

Hannah Doyle



A 'brelfie' from Tamara (left) and, above, with Sophia and mum Slavica

Instagram/tamaraecclestoneofficial



Fred2004

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RITA'S TATS *revealed*

Rita Ora has an impressive 26 tattoos on her body. But what do they all mean?



FRIENDS & FAMILY

Rita's sister's name, Elena, is written in Hindi on her bicep, and her brother Don is on her right arm. Not forgetting herself, her first initial is tattooed behind her ear. The arrow on her middle finger matches her friend Emily Rose's; and the ballerina on her arm is a tribute to her booking agent Anda Saku. The wishbone is in honour of her stylist Kyle De'volle.



INSPIRATIONAL FIGURES

Aphrodite – who she calls the 'Marilyn Monroe of goddesses' – is drawn on Rita's left arm. On the side of her waist she has a topless portrait of 1920s film star Olive Thomas.



QUOTES

'Hope', 'Love', and 'Promise' are etched on her fingers, and she has the Shakespeare quotes, 'Do wrong to no one' and 'All's fair in love and war' on her hip. Wearing her heart on her sleeve, she also has 'Love Me' on her wrist.

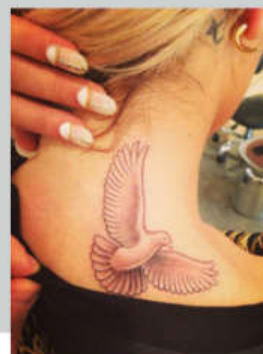


LIFE EXPERIENCES

The singer had a smiley face tattooed behind her ear when she split from Calvin Harris last year, explaining on Instagram, 'Smile, though your heart is breaking.' The black heart is in celebration of her role in *Fifty Shades Of Grey*.

SYMBOLS

X Factor judge Rita says the anchor on her wrist keeps her 'grounded'; the rose on her hand covers an old feather tattoo; and there's a feather on her ankle. She also has a small triangle on her right arm and a pink dove on her neck. On her wrist, Rita has a planet; and behind her right ear, a bow and arrow.



Rebecca Greenow

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THE WRIGHT *Isle*

Will the honeymoon ever end for Mark Wright and Michelle Keegan?

Our soggy summer may be over – but Michelle Keegan and Mark Wright packed in some last-minute sun over the bank holiday weekend as they partied in Ibiza. Since their gorgeous wedding back in May, the pair – both 28 – have been jetting all around the world as they settle into married life.

They had two honeymoons – in the Maldives then Dubai – even inviting their families to join them. They then headed out to the US, enjoying lavish meals and days out in both LA and New York.

And their latest sunshine jaunt took them to the *Wright* – sorry – White Isle, where they were joined by Mark's sister, *TOWIE* star Jess, 29, and Michelle's former *Corrie* co-star (and reveal.co.uk columnist) Brooke Vincent, 23.

Mark and Michelle looked stunning as the happy couple partied at the Ibiza Spray party at the Ocean Beach club.

Michelle – who was there to promote her Lipsy clothing line – was über-glam in a black top, black hat and gold body glitter, while Mark was more laidback in a white T-shirt and shorts.

Last year's *X Factor* runner-up, Fleur East, 27, was also there – rocking a white bikini and gold body art. She had a blast tucking into the champagne, writing on Twitter, 'Having fun in the sun. Ibiza's been amazing.'

Kelly Jenkins

The happy couple joined their pals for loads of fun (see far right) at Ibiza's inflatable water park



Mark and Michelle partied with *X Factor* runner-up Fleur (left) at Michelle's Lipsy launch



Hello, girls! Michelle also met up with Brooke Vincent and sister-in-law Jess





BENJI & CAMERON ROMANTIC BIRTHDAY

Benji Madden quashed rumours that his marriage to Cameron Diaz is on the rocks by sending her soppy birthday messages.

Posting a picture of Cameron, 43, on Instagram, the Good Charlotte rocker, 36, wrote, 'Happy Birthday to my beautiful wife. My best friend and everything else – there's so much I could write. I'm the luckiest guy alive – I get to spend the rest of my life right here. I love this woman! Many more, baby.'

US sources also claim that Cameron is in the early stages of pregnancy with their first baby.

COUPLES CONFIDENTIAL

Your weekly temperature check on celeb romances

SHAYNE WARD TINDER LOVE

Ladies, get your fingers poised to 'swipe right' – as you could Tinder match with *Coronation Street* babe, Shayne Ward.

The former *X Factor* winner – who's gone down a treat with soap fans since joining the show last month – is using the dating app to find love and will be swiping in Manchester, where he's now based.

But, be warned, he's created his account under a pseudonym to avoid being bombarded by fans.

Shayne, 30, has been single since splitting with his girlfriend of 10 years, Faye McKeever, last year, a year after getting engaged.



THE ROCKY ROAD OF LOVE

MILEY CYRUS, 22

NICK JONAS, 2006-2008
Nick, 22, and Miley had a teenage romance when they were in the Disney Club together. They split after two years, but the chemistry was still there and they reunited again – briefly – a year later.



JUSTIN GASTON, 2008 - 09
Aged 16, Miley had a nine-month romance with underwear model Justin, now 27, but she reportedly dumped him for a mini-reunion with Nick Jonas.

LIAM HEMSWORTH, 2009 - 13
Liam, 25, and Miley met while filming *The Last Song*, and announced their engagement in 2012 after three years of dating. Miley was said to be devastated when they finished for good a year later.





LOUIS & BRIANA HOUSE HUNTING

Louis Tomlinson is set to buy a £2.5 million mansion for his baby mama and her family. While Louis isn't with Briana Jungwirth, both 23 – who announced she was pregnant with his baby last month – he's prepared to be a hands-on dad and wants to start by splashing out on a six-bed, six-bath pad in Los Angeles, USA. Louis is hoping Briana's parents will move in with her to help look after the baby when he's not there, and the house will have 24/7 security. A source says, 'Louis is doing everything he can to look after Briana and her family. 'They're not only blown away by his generosity but also hugely grateful he's taking his responsibilities seriously.'



MARNIE & RICKY SPLITSVILLE?

They're best known for posting soppy messages to each other on Twitter, but fans were left wondering whether the rollercoaster engagement between Marnie Simpson, 23, and Ricky Rayment, 25, was still on last week. After Marnie posted a cryptic message about being heartbroken, rumours soon emerged that her and Ricky's engagement was called off after she had 'cheated'. Marnie tweeted, 'I couldn't have ever imagined what this day would bring. My heart is broken.' A source said, 'Ricky believes Marnie cheated on him.' However, the pair have since denied that their engagement was over. Marnie tweeted that her heartbreak was over her dog being ill, while, when asked by a fan if Marnie had cheated, Ricky replied, 'No, she didn't.'

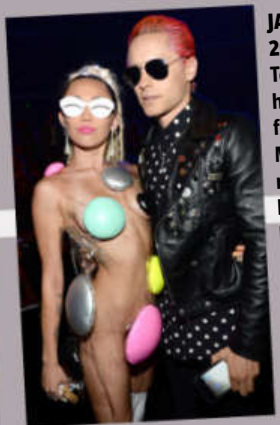


AVRIL'S MARRIAGE BREAKS DOWN!



Avril Lavigne's two-year marriage to Nickelback rocker Chad Kroeger has come to a sad end. Sharing a poignant snap of the couple's wedding day, 30-year-old singer Avril said on Instagram, 'It is with heavy heart that Chad and I announce our separation today. Through not only the marriage, but the music as well, we've created many unforgettable moments. We are still, and forever will be, the best of friends, and will always care deeply for each other. To all our family, friends and fans, thank you sincerely for the support.' The Canadian couple met when Chad, 40, worked with Avril on her fifth studio album in 2012. They were married on Canada Day a year later, but rumours that they were already on the rocks began to surface last year.

Photos: Broadimage/Rev, Instagram, Startrite Photo/Rev, Twitter, WireImage, Xposure



JARED LETO, 2014
To get over her heartbreak from Liam, Miley is rumoured to have enjoyed a brief fling with Dallas Buyers Club actor Jared Leto, 43.



PATRICK SCHWARZENEGGER, 2014 - 15
Miley soon moved on to actor Arnold Schwarzenegger's model son, Patrick, 21. But in her new song, BB Talk, she hints she was still in love with Liam while she was dating Patrick, singing, 'I was still dreaming about the other dude.'



STELLA MAXWELL, 2015
Last week, Miley – who admitted she was bisexual in June – said she wasn't in a serious relationship with Victoria's Secret model Stella Maxwell, 24. But it seems they're still close, as Miley recently posted pictures of them almost kissing.



Rebecca Greenow



fashionista

She's bitching her way round town bringing you what's hot, and what's really NOT. Remember, you read it here first

SAVANNAH MILLER FOR DEBENHAMS

Debenham's knows how to do a designer collab and it's nailed it yet again with Savannah Miller's new Nine collection. Model Carmen Kass is the face of the range, looking effortlessly chic in the campaign shots. Mixing causal knits with evening embellishment in a neutral colour palette, the range is timeless and understated. I'm swooning over the swallow-print blouse, teamed with the zip detail jeans. Available in 65 UK stores and at debenhams.co.uk



» Dress, £55,
» Cardigan, £50



» Sequin dress, £65
» Leather jacket, £250,
» Boots, £45



» Blouse, £40
» Jeans, £45



» Gilet, £65
» Bag, £55
» Boots, £49



Hello, girl crush!

How beaut does mega babe Alexa Chung look in the snaps for Nails Inc's new-season range? While her hair and brows aren't easily steal-able, her talons totally are. The TV presenter and model is rocking the brand's Gel Effect Polish in Hyde Park Court, £15 – a classy-as-they-come khaki.

PLASTIC FANTASTIC

Move aside, Beyoncé, the original Queen B is back! Retro brand Truffle Shuffle has launched an exclusive new Barbie range, featuring T-shirts, sweaters and cute accessories. Barbie is showing us who is boss and I'm liking her feisty attitude. All available at trufflesuffle.co.uk



» Sweater, £34.99



» Vest, £19.99



» T-shirt, £19.99



» Stacking bracelets, £7.99

WORD UP



BBFs Blac Chyna and Amber Rose's unsuitable matching outfits, emblazoned with insults from their haters, had me almost lost for words.

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autumn winter
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Rebecca and Dale won their dream wedding... and (right) their last IVF treatment was a success!



Stanley (left) and Darci-Mai celebrate their first birthdays later this month



Happy family: Dale and Rebecca with their twins

Our luckies

When a second attempt at IVF failed, Rebecca Litchfield, 29, had a tough decision – pay for a wedding or a final round of IVF. But her luck was about to change...

There was no doubt about it. “Not pregnant,” stated the test, the cruel words breaking my heart again.

After two attempts at IVF, my boyfriend Dale, 32, and I were still no closer to starting a family. We’d already spent more than £5,000 trying to get pregnant, but each time the test came back with a resounding “no”. I wondered if I was destined for motherhood and if this was a sign.

In the wake of so much disappointment, we agreed to have a year off from IVF following our consultant’s advice. It would maximise our chances of conceiving and give us a rest from the emotional rollercoaster. Dale and I had also made another decision – our third attempt would be our final shot at fertility treatment.

Despite that overhanging cloud, we’d been together for six fantastic years. And Dale gave me something to smile about when he proposed on New Year’s Eve 2012 at the top of the Eiffel Tower, in Paris. I was ecstatic and couldn’t wait to marry him.

However, back at home in Nottingham, we faced a tough decision. I wanted nothing more than to marry my man and then focus our energies on our last attempt at having a baby. But on the other hand, weddings were expensive and we were in the process of saving £7,500 for our IVF treatment. Despite Dale’s job as an accountant and me working as a hairdresser, we couldn’t afford both.

We both wanted a child more than anything. So we put our dreams of a big white wedding on hold, and carried on

saving every penny for fertility treatment.

A month later, Dale came into the house waving the local newspaper at me. They were holding a competition for a lucky couple to win a wedding worth £13,500. I didn’t think we stood a chance, but Dale entered anyway, carefully explaining the heartbreak we’d faced and how we’d love, more than anything, to be married and, with a little luck, finally start our family.

I was thrilled when we were shortlisted and our story appeared in the paper for readers to vote for the winners.

In March 2013, we attended a finals night for the top 10 couples, but were gutted when we didn’t win. Then a few weeks later, we got a call. The winning couple had pulled out so we were getting the wedding instead! I couldn’t believe it.



t year ever!

Finally, luck was on our side.

That August, we married in front of 150 of our family and friends at the Park Plaza, Nottingham. It was beautiful, like something out of a fairy-tale. It was Dale's 30th birthday, too. A perfect way to celebrate – and there would be no excuse if he forgot our wedding anniversary.

The months slipped away and the countdown clock ticked ever closer to our final attempt to have a baby. By the beginning of 2014, we'd saved enough money. Following our previous attempts, the consultant had discovered that I had a hormone imbalance, which may have explained why I couldn't conceive. They were going to address this in the next round. It filled me with renewed hope – but was as daunting as ever.

In February, days before I was due to take a test to see if the IVF had worked, I began feeling sick and out of sorts. "What if I'm

pregnant?" I wondered. No sooner had the words formed in my mind than I dismissed them. It was wishful thinking.

But as the symptoms kept occurring, I couldn't wait any longer and I did a test – three days early. To my disbelief, it was positive. I did another test each morning

*'But the evidence
was there
– I was pregnant!'*

for the next three days and, on the official day, I did four in a row to make sure. But the evidence was there – I was pregnant!

On 21 February, we had our first scan and there we got an even bigger shock. We were expecting twins. There were two little heartbeats inside of me.

At our next scan we discovered we were having a boy and a girl. We cried. Our lives were finally coming together. We'd longed and waited for this moment for years.

On 27 September, I gave birth to beautiful Darci-May, weighing 5lb 9oz and gorgeous Stanley, who weighed 6lb 13oz. They were little spitting images of us, like a tiny mini-me for each of us.

At home, everyone was concerned how we'd cope with twins but to me it was a dream. Yes, feeding them at the same time could be tricky but they had each other for company and seemed really content. Even when they're asleep they cuddle each other.

I can't believe how much our lives have changed in the past year. We had never won anything before but then we were given our dream wedding and two amazing children. Now I know I'm the luckiest person alive.

Joshua Saunders & Su Karney

I WANT *what she's got!*

We show you where the celebs have been shopping this week

KATIE PIPER

Katie looks effortlessly gorgeous in this navy tailored jumpsuit. The cropped culotte style is key this season and she pulls it off with a pair of killer gold heels. Good work, Katie!



WAL G
£35



CAROLINE FLACK

X Factor host Caroline kicks off her new job in style in a chic LBD. This fail-safe look is a winner with the sleek gold button detail and barely there heels. Expect an *X Factor* style-off between the ladies!

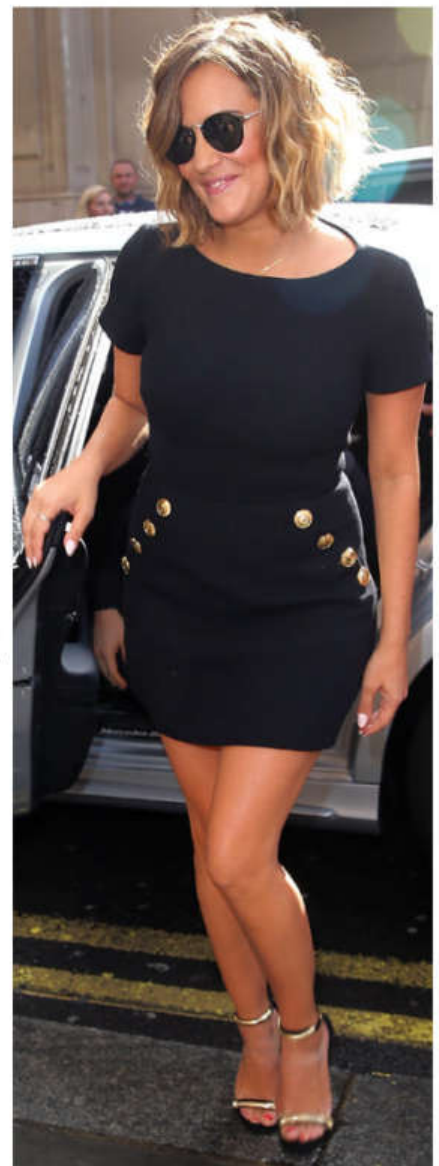
OFFICE
£55



JESSICA WRIGHT

Miss Wright has got it, err, right once again in this glam outfit. Off to Ibiza, Jess wears her printed T-shirt dress with tan accessories and gets a fashion thumbs up from us.

LIPSY
£40



SAM FAIERS

The cape blazer is getting a new, longer length update and ex-TOWIE star Sam shows us how to work it for evenings. The khaki style looks chic with a black dress and statement heels. We're loving your look, Sam.

LAVISH ALICE

£74



VIRGOSLOUNGE.COM

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ROSIE FORTESCUE

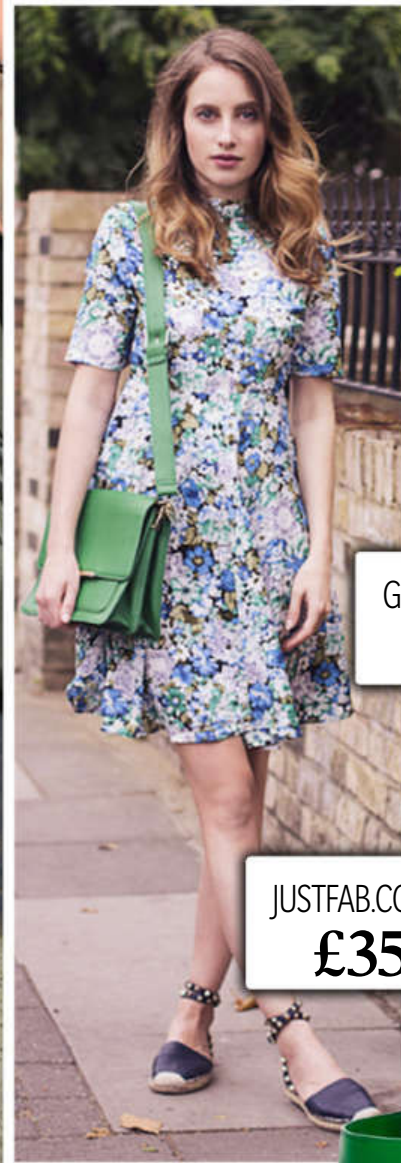
It may be officially autumn but fashionista Rosie shows us that you don't have to pack your bright florals away. This ditsy print dress looks perfect with colour-pop arm candy and cute espadrilles. We love.

GLAMOROUS.COM

£36

JUSTFAB.CO.UK

£35

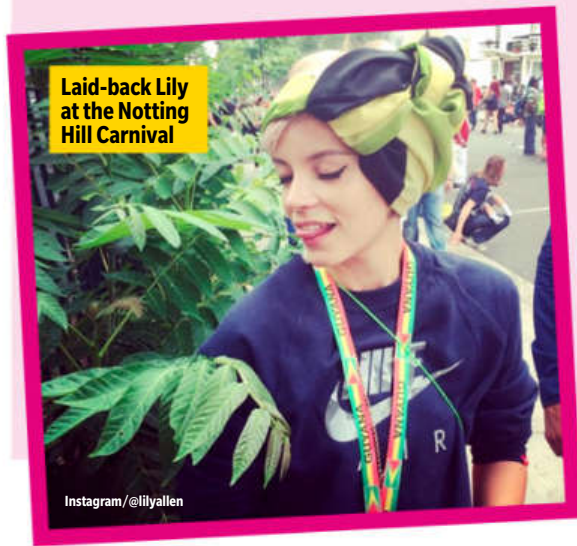


LILY'S DRUGS SHOCKER

Controversial Lily Allen has landed herself in hot water again, after reportedly joking about drugs on Snapchat.

While partying at Notting Hill Carnival, Lily, 30, allegedly filmed a friend waving a bag of white powder while saying, 'What have you got in your hand?' before the video, captioned 'drugs', cut out.

The footage comes two months after the *Hard Out Here* singer was treated by paramedics after collapsing at Glastonbury.



'DON'T COMPARE ME TO 007'

Daniel Craig says he's very different to his womanising on-screen character James Bond and admits sleeping with multiple women is 'not a good look'.

The actor, who will star as 007 for the fourth time in this year's *Spectre*, says, 'He's very f***ing lonely. There's a great sadness. He's f***ing all these beautiful women

and then they leave and it's sad... as a man gets older, it's not a good look'.

Daniel, 47, also spoke of his character's sexiest attitude towards women. 'Hopefully, my Bond is not as sexist and misogynistic as [earlier incarnations],' he says.

'The world has changed. I am certainly not that person.'

AB FAB'S ALL-STAR LINE-UP

One Kardashian, a Spice Girl, a singing diva and a supermodel... the cast for the highly anticipated *Ab Fab* movie is, erm... absolutely fabulous!

The cult sitcom – with Jennifer Saunders as boozy PR girl Eddie and Joanna Lumley, 69, as chain-smoking magazine editor Patsy – is soon to start filming for the big screen.

Kate Moss, 41, has already signed up to star in the film, which starts shooting at London Fashion Week later this month and will be out next year.

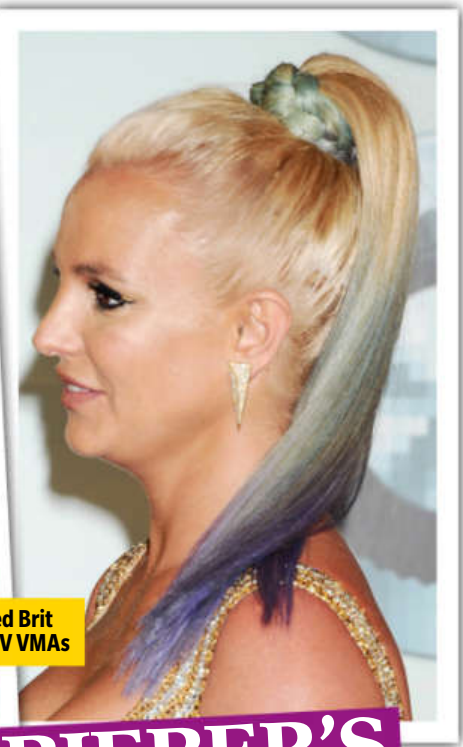
'I can confirm Kate does have a part,' says Jennifer, 57. 'She's a big fan of the show and we're pals so, aside from the fact she's the definitive model, it was a no-brainer.' She adds, 'There'll also be a bit of Spice with Emma Bunton and Lulu.'

Reality TV queen Kim Kardashian West, 34, is also rumoured to star. 'Kim's in town for fashion week and loved the idea of being involved,' says a source. 'Getting her on board is a massive coup for the film, but also a big deal for Kim. *Absolutely Fabulous* is an iconic name around the world.'





Ponytailed Brit at the MTV VMAs



BRITNEY & BIEBER'S NEW DOS



The Biebster with his new floppy fringe

Both Justin Bieber and Britney Spears debuted new hairdos at the MTV Video Music Awards in LA.

Justin, 21, sported a new blond floppy fringe and he seems to have turned a corner after his recent law-breaking antics. He was 'overwhelmed' and cried on stage after fans cheered him.

Britney, 33, wore her blonde, purple and pale blue-green hair in a high ponytail. She hit the headlines later in the week after telling her fans that, 'Men can suck my f***ing toe,' during a show in Vegas.



Oops... Sarah (top) does her best Britney impression

SARAH SPEARS?

Former Girls Aloud singer Sarah Harding recreated Britney's iconic red latex look from her *Oops!... I Did It Again* video, for her recent performance at Manchester's Gay Pride weekend.

Rocking the daring all-in-one outfit to perfection, Sarah, 33, looked confident as ever, as she sported her second latex outfit of the month, after wearing an all-black latex two-piece for her performance at G-A-Y club in London at the start of August.

Kelly Jenkins, Katherine Parkes

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IT'S BACK TO SCHOOL FOR THE UK'S 700,000 young carers

A new school year is difficult for young carers like Emily Wood, worried about their loved ones at home

This week, millions of children will zip their pencil cases, pull on new uniforms and return to school for another year.

But for 700,000 kids under 18, there's a lot more to think about than new lessons, teachers and friendship groups. These young carers, aged as young as four, have the added worry of what is happening at home while they are learning in the classroom. Will Dad be able to manage without them? Will Mum be back in hospital by the time they get home?

Eleven-year-old Emily Wood knows this feeling all too well. She has been helping to care for her mother, Hayley, 47, who is terminally ill with a genetic condition, all her life. Her brother Joseph, 13, is unwell, too, and doctors believe he may suffer from the same condition as Hayley – thought to be a very rare form of muscular dystrophy. Meanwhile, her father Kevin, 49, works full-time as a computer programmer to support them financially.

'I have to do a lot of things my friends don't,' says Emily, from Skipton, North Yorkshire. 'But I do it without thinking about it. In the morning, I get breakfast ready, put out cereal and make toast for me, Joseph and Mummy. Then I make my bed, sort the laundry and make sure mine and Joseph's school bags are packed. If Mummy's having a bad day, I'll brush her hair.'

'When I get home from school, I put the kettle on and make Mummy a cup of tea. We sit and chat, then we do things around the house – I'll help load the washing machine or hang out the washing and go to the local shop for milk and bread.'

'After that, I'll help Mummy with the dinner, lifting pots and pans and laying the table. She'll sit in the kitchen while it cooks and I do homework. When Dad gets in, we

eat together, take turns to wash up and then Dad will take me to my clubs – I do juditsu, drama, dance, violin and piano.'

But Emily's responsibilities don't stop there. Hayley explains, 'My condition means I can't eat properly – the muscles in my oesophagus and stomach don't work. I get so run down that, every few months, I have to use a nasogastric feeding tube.'

'When Kevin isn't around, Emily has to inject the solution into the tube when I can't lift my arms properly. Sometimes it falls out, and she has to tape it back in place. Because my muscles are so weak, if I lie down, I can't get back up, so I rely on Emily. If I suffer bouts of dizziness when we're out, she'll hold my hand to steady me. And if my vision goes, she is my eyes. I don't know how I'd manage without her.'

For Hayley, each day is a battle between relying on her daughter's help and trying not to overburden her. 'It's hard to rely on your child for help. We've tried to ensure Emily is a kid, but when I'm particularly ill or in hospital, more falls on her shoulders.'

The mum-of-two, a former lecturer and teacher, has seen her health decline in past years, with doctors unable to say what her lifespan will be. 'If I keep my muscles going, I'll live longer – it's that simple. So the more I do, the longer I can be a mum.'

Emily understands this shattering reality. 'When I'm at school, I worry about Mummy. Sometimes I come home and she's had to go to hospital. And I worry about her dying because doctors say she only has a couple of years left.'

To cope with the physical and emotional pressures of her role, Emily attends Carers' Resource and Skipton Young Carers, both part of the Carers Trust network. Hayley says, 'When Emily was seven, she

struggled with low self-esteem. She joined these groups and has blossomed.'

Emily adds, 'I love going to the Young Carers' groups. We play games, go bowling or have activity days. It's nice to meet other kids who are just like me.'

At school, Emily's favourite subjects are history and English. 'I love reading adventure and fantasy books,' she says. 'I read when we're at hospital for Mummy's appointments. But science is what I need to focus on because I want to be a biochemist and find a cure to make Mummy better.'

Su Karney



SCHOOL FOR 0 rs

Mum and daughter
make sure to set
aside time for a
cuppa and a chat



Emily has to face
the reality of her
mum's condition

HOW CAN YOU HELP?



This September, show your support for seven million carers like Emily across the country, by hosting a Britain's Best Breakfast. Whether it's a bowl of cereal, a pastry or a full-on fry up for your friends, family or colleagues, you can raise money to help ensure that the Carers Trust continues to support carers everywhere. Visit britainsbestbreakfast.org and carers.org for more info.

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'THERE'S NO SUCH THING AS AN invitation to rape'

Chrissie Hynde came under fire this week after saying it can be a woman's fault if she is raped.

The singer said she took full responsibility for the sexual assault she was subjected to at the age of 21, because she was 'naïve' and provocatively dressed at the time.

Controversially, she added, 'If you don't want to entice a rapist, don't wear high heels.'

Here, Sarah Scott, 24, tells Chrissie that rape is never the victim's fault.

The mum bravely shared her story earlier this year after being raped on a night out. At first, she was afraid to report the attack, fearing the police would blame her for being drunk and wearing a short skirt.

Sarah finally got justice when her attacker, Adrian Ruddock, 38, was jailed for eight years in May 2011.

And when he was put up for early release, she wrote a moving letter to the parole board to keep him behind bars...

I was drunk and wearing a short skirt and high heels when I was raped – but I didn't deserve it. No one deserves to be raped.

For a long time, I thought it was my fault, and I hated that I'd put myself in a vulnerable position.

It had been like any other night out in Aberdeen with my twin sister Stephanie, in December 2010. She'd left before me, and a friend of a friend, Adrian Ruddock, said he'd walk me to meet her at an after party.

Instead, he took me back to an empty flat and threw me down on a dirty mattress before raping me.

He put me through hell that night. Afterwards, I struggled with such severe post-traumatic stress disorder that I made two attempts to take my own life.

When celebrities like singer Chrissie Hynde make ill-informed comments like, 'If I'm walking around in my underwear and I'm drunk, who else's fault can it be?'

it makes me shudder.

As a victim of rape, it's hard enough to find the strength to tell anyone, let alone stand in front of a judge and jury to be cross-examined.

My fear is that misguided statements like Chrissie's will deter rape victims from coming forward at all.

I understand that she, too, is a victim, and could be projecting her feelings of self-blame with these remarks. But it's really quite simple – the rapist is always responsible. Comments

about appearance shift the blame from criminal to victim. And that's wrong.

Not only are Chrissie's shocking words offensive to women and victims, they're stereotyping men as well. Her comments paint all males as beasts who spot a woman in a dress and can't control themselves. Is she saying we should all stay



Sarah Scott responds to Chrissie Hynde's comments



locked up indoors in our pyjamas to avoid being attacked?

In fact, only 10 per cent of rapes are committed by a stranger. Most victims are attacked by someone known to them, or who is in a position of trust, and what the victim is wearing is irrelevant.

I want to tell Chrissie what I've been telling police and MPs like the former Justice Secretary, Kenny MacAskill, since I started campaigning – there's no such thing as an invitation to rape.

In order to move forward and create change, it's really important we push the message that the only person to blame is the perpetrator. Until this truth is widely accepted, thousands of victims will suffer in silence.

By Paisley Gilmour

For confidential advice and support, contact Rape Crisis on 0808 802 9999 and rapecrisis.org.uk



Ashley gets Trevor mixed up in a kidnap plot

'HOLLYOAKS IS FULL OF fit men'

Actress Kierston Wareing's about to shake things up as evil Ashley Davidson on the 'sexy' C4 soap

Watch out, *Hollyoaks*! Actress Kierston Wareing is storming in with her new role as devious, 'psychotic' Ashley Davidson.

Kierston, 39, tells us, 'She's a complete control freak who manipulates anyone, man or woman, if she wants something.'

The troublemaker has history with former associate Trevor Royle and arrives in the village hell-bent on revenge.

'Straight away, you'll see that she's not nice – and as you stay with it, she becomes pretty evil,' says Kierston. Yikes!

Ruthless Ashley swiftly embroils Trevor in a kidnap plot – cue plenty of scheming. So, um, any similarities between Kierston and her character?

[Laughs] 'I can't come up with any – probably for the best! I love Ashley, though, she's volatile and quite changeable, which really makes me think as an actress. She's great fun to play.'

Kierston's also enjoyed meeting her *Hollyoaks* co-stars. 'They're lovely, and so helpful. Jorgie Porter [Theresa McQueen] is hilarious, she makes everyone laugh.'

She also couldn't help noticing how cute the cast are. 'I think of *Hollyoaks* as the sexy soap,' she says. 'I was really surprised to get a part!'

And, while Kierston admits there are 'loads of gorgeous guys' in the show, she's stayed professional. 'I was focusing on Ashley... I was blind to all

these fit men walking around!' she jokes.

Of course, *Hollyoaks* isn't Kierston's first foray into soapland. She played Kirsty Branning, Max's secret wife, in *EastEnders* for two years before leaving in 2014.

At the time, she branded her character 'one-dimensional'. But it helped her to prepare for *Hollyoaks* – as she says, 'It's the same process and I knew what to expect.'

As we chat, she's prepping for a red carpet event. As a busy actress, she rarely has time to spend hours getting ready.

'I'll whack some make-up on and think, "God, what dress will I wear? Maybe someone will lend me something," or I'm like, "Yeah, that'll do!" Then I do my nails in the car on the way there. But don't get me wrong – I enjoy it.'

Filming in Liverpool for *Hollyoaks*, Essex girl Kierston is used to living out of a suitcase. And she rarely gets time to hit the gym. Given that she showed

off her fab figure in a bikini in Southend this summer, we're all kinds of jealous!

'I'm the worst,' she says. 'I don't go to the gym, and I drink loads of Coke. Suddenly a job comes along and I'm like, "I'd better do something about it!" Thankfully, though, I haven't got that much pressure – I'm known for the acting rather than being fit.'

Hannah Doyle

Catch Kierston's new *Hollyoaks* storyline on Channel 4, weekdays, 6.30pm



Max kept Kirsty under the covers



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Charlie Bell



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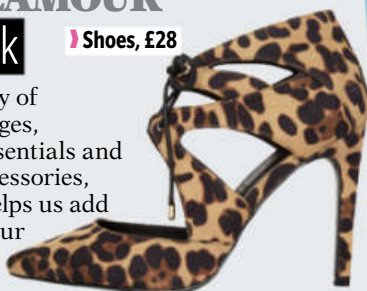
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asos.com

This site is our go-to place for a new wardrobe fix, whether it's some cool co-ords or the latest must-have boots, we're one click away from a dreamy new outfit.

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BEST SERVICE

asos.com

Shopping is all about the experience so hats off to asos.com and their here-to-help team for keeping you satisfied for another year running.

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Skirt, £28

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topshop.com

A pair of Topshop jeans is every girl's wardrobe staple and now the store has really upped its game – from classic shirts to button down skirts, we're in denim heaven.

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BEST SATURDAY NIGHT OUT STYLE

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Whether it's cocktails with the girls or a cosy date night dinner, boohoo.com have won you over. We don't blame you, this sequin frock screams party all night long.

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› Dress, £38



MOST STYLISH REALITY STAR

Millie Mackintosh

The fitspo queen and ex-MIC star can nail red-carpet glam and festival chic in one swoop. With her own collection, one million Instagram followers and a book on the way, she's taking over the fashion world.



MOST STYLISH MALE REALITY STAR

Oliver Proudlock

We've got a little soft spot for the king of the man bun. His individual style and cheeky smile gives him serious man points. Sorry Essex, this one goes to Chelsea.



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› Shoes, £20

BEST FOR A BARGAIN

boohoo.com

A whole outfit for under £50 and enough left for an overpriced latte? We're sold! Boohoo.com is simply the best for all your serious style steals.

BEST ONE STOP SHOP FOR BEAUTY

boots.com

We go in for face wipes and come out with a basket full of goodies. It's official – Boots is a total beauty wonder world!

From its own-brand buys (No7 and Seventeen, we're looking at you) to the quirky lines you can't get anywhere else, we couldn't be without this high-street hero.

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› Aussie 3-Miracle Reconstructor Oil, £9.99



› Seventeen All Out Pout in Fancy Free, £7.99





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Reveal style

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These two brands have made history by racking up the highest number of votes we've ever seen and were neck-and-neck to the finish line. Ladies, we present your joint winners. Thank you, Asos and Boohoo.com, for being there for our readers at the click of a button!



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- › Dress, £55
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- › Bag, £18



- › Dress, £30
- › Blouse, £18

BEST PLUS SIZE

Curve for asos.com

The Curve range at asos.com has given plus-size babes the chance to rock all the trends. This figure-flattering wrap dress will turn some serious heads.



- › Skirt, £70
- › Dress, £35

BEST FASHION BLOG

Zoella

Zoella, 24, has an army of dedicated followers, including us, who love her down-to-earth style and fresh-faced beauty. She's the girl next door who's made it all the way to superstardom.



BEST FOR YUMMY MUMMIES

mothercare.com

Mothercare is our one stop shop for keeping all the mummies looking yummy. From styling bumps to littl'uns, Mothercare, we salute you!



HAIR THAT TURNS *heads*

The 'curly blow' took Liverpool by storm, but how well will it go down outside the famously groomed city? And does it really deliver a mega mane? Beauty editor Amber Ascroft road-tested it in London and nearly stopped traffic!

I thought I knew just how this story would go – a rogue roller falling out in the middle of a coffee shop, “Who does she think she is?” glares from other girls, and all for a finished look I could achieve myself with a bit of backcombing.

But, as soon as the hairdresser popped my first pink roller into place, I understood just why the Liverpool lovelies do it. The glamour! Like a wet mani or sky-scraping Louboutins, the sheer impracticality of it made me feel like a total diva.

Lisa Stirrup, owner of Liverpool salon Glamor, agrees: ‘The curly blow trend was started by the ultimate glam pack – WAGs like Coleen Rooney and Abbey Clancy,’ she tells me. ‘My salon gets around 20 requests for the service a day.’

‘It’s a status symbol. It says, “I can afford to have my hair done,” and “a big night out is on the cards,”’ Lisa adds.

I wasn’t feeling quite so “Queen Bee” when the gawps and giggling started as I stood in the heart of London’s Soho. Still, in true Brit style, it was mostly behind my back. Nothing a little mental pep talk (“just think of the root lift”) couldn’t solve.

Back in the salon, I finally got to experience the dreaminess Lisa had told me about. With beehive volume at the roots and glossy bounce at the ends, it was far from the Dolly Parton ‘do I had imagined. “You look like Cheryl Fernandez-Versini!” coos my make-up artist.

“It will stay looking gorgeous for two days straight,” my stylist, Safia, tells me.

“The key is to apply the rollers when the hair is still warm from blow-drying. That cooling process is what really gives the style lasting

Amber's headful of rollers gets a reaction in Soho

Oh the glamour! And it's all in the cause of beauty

power,” Safia explains. “For that lovely smoothness, you need to blow-dry it with a round brush before you put in the rollers. Rough-drying it won’t give the same shine.”

There were products required, too. LOTS of them. A volumising shampoo to prep the hair, with a teeny bit of conditioner – just on the ends. “Too much will make the rollers slip out,” advises Safia. Copious amounts of **L’Oréal Professionnel Tecni Art Volume Architect Thickening Blow Dry Lotion, £13.99**, followed, while **L’Oréal Professionnel Tecni Art Super Dust, £13.99**, amped up the finished look further.

TIME TAKEN:

A whopping five hours and 25 minutes. Would I do it again? After getting compared to Chezza? Hell, yes!

WAG Abbey Clancy goes for the curly blow

Rock’n’rollers! Amber looks red carpet ready



Superdrug has reported a massive spike in sales of Velcro hair curlers, with Liverpool shops at the top of the list. It's all thanks to this new trend for a 'curly blow'.

LIVERPOOL TRENDS WE LOVE

WEEKEND LASHES

A Scouse party ALWAYS lasts longer than 12 hours, which means falsies should too! While most salons across the country simply offer strip lashes (for one night only) and semi-permanent (up to six weeks), on Merseyside there's a huge demand for this three-day option that costs about £12.

SPRAY-ON MAKE-UP

Airbrushed make-up – sprayed by a trained technician using a hand-held machine – has been used in the film industry for years. It covers everything, stays firmly put in sweaty environments, and also looks fabulous on

camera. No wonder it's a Merseyside girl's go-to make-up technique for a big night out! Some salons in the area even offer a body service for perfecting your pins. Prices start at about £35 for a full face.

BLING ADD-ONS

'Lots of Liverpool ladies have regular professional beauty treatments so, for a special occasion, they'll go all out with added sparkle,' explains Lisa Stirrup, from the city's Glamor salon. Having a mani? Upgrade to the 'rockstar' – that's a layer of glitter, FYI. Getting your brows done? Follow with stick-on cheekbone gems, or add shimmery tips to your false lashes.

THE NEW SCOUSE BROW

The city's most famous beauty trend is still going strong. 'Big brows are still massively popular – most girls have theirs tattooed on with semi-permanent make-up,' says Lisa. 'It lasts for up to two years and the finish is a little more natural-looking now, with visible feathery strokes rather than one block colour,' she adds.

Amber wore *Sleep-In Rollers Mega Bounce Rollers*, £19.99, applied at The House of Rush in London's Piccadilly. Rush is opening a new salon in Liverpool this month. See rush.co.uk for more details.

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season



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£30





- › Top, £12, Forever 21
- › Skirt, £36, Topshop
- › Shoes, £40, River Island
- › Bag, £12.99, New Look
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Dr Phil

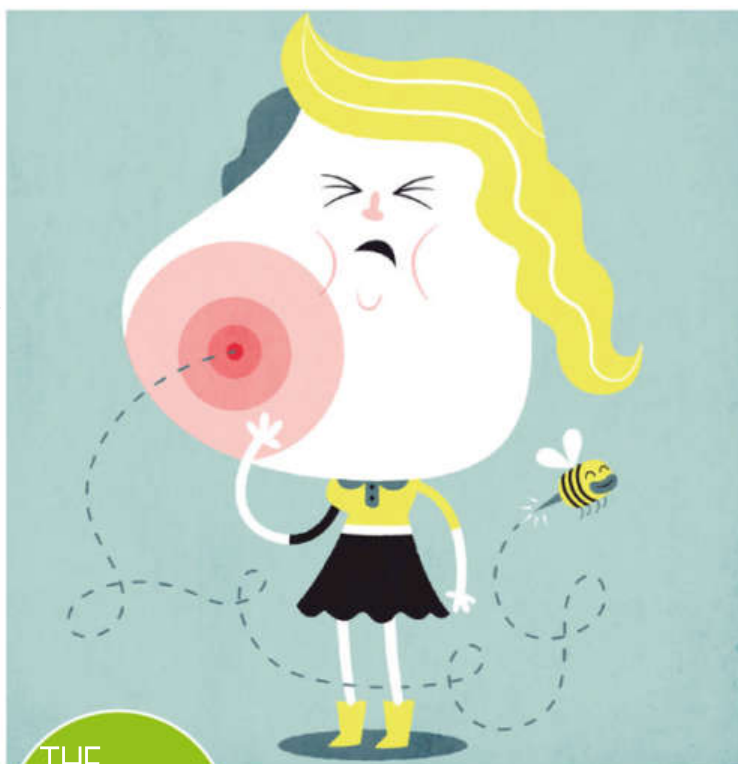
TV's Dr Phil Hammond answers your questions and gives it to you straight on the big health issues

RED-EYED RUNNER

Since I started running, my eyes have become red and bloodshot, but I'm otherwise very healthy. What do you think is causing this?

Kelly, Birmingham

It could be hay-fever, in which case antihistamines and sunglasses may help. Or you could be getting dehydrated and not drinking enough water to replace what you've lost in sweat. Drink extra water, even if you're not thirsty. Avoid energy/fizzy drinks, as the acid is bad for the enamel on your teeth. If that doesn't work, your pharmacist can give you an ointment for possible conjunctivitis. If you have a dry mouth, too, see your GP.



Trust me – I'M A DOCTOR

My face swelled up after a bee sting. Do I need to get one of those special anti-allergy pens?

Rose, Wakefield

Yes. A few people develop very serious allergic reactions to bee or wasp stings. If your face swelled up, you had a rash or felt faint, or had any difficulty breathing after you were stung, then you should carry an emergency injection of adrenaline with you. These allergic reactions can get worse the next time it happens so, even if you didn't have breathing difficulties the first time, you may in the future. An adrenaline shot can stop the allergic reaction worsening and save your life. Discuss it with your GP.

THE sex QUESTION

WHAT'S GOING DOWN?

Does oral sex 'count' as having sex?

Abby, Lewes

You decide. Bill Clinton famously claimed in 1998 that he did not have 'sexual relations' with a woman when he placed his penis in her mouth, and indeed 60 per cent of US students in one study thought oral sex didn't count. You certainly can't get pregnant from oral sex, but you can pass on STDs such as gonorrhoea. More recently, there has been a rapid increase in throat cancer among women in their fifties, probably due to HPV infection years ago from performing oral sex. So, whatever you call it, make sure you do it as safely as possible.

DR PHIL SAYS: 'The peak rate for divorce is seven years after marriage.'

VACATION VIRUS

I nearly always have a cold or a cough when I come back from my holidays. Why is that?

Sarah, Doncaster

The viruses that cause coughs and colds are transmitted by breathing, coughing and sneezing. If you go on holiday and mix with lots of other people, it increases your chances of picking up a bug. The inside of a packed aeroplane seems like a good place for these illnesses to spread – however, tests show that there aren't a lot more bugs in aeroplane air. There are a lot of bugs in public toilets and on door handles, though, so wash and wipe your hands regularly.

HARD-WIRED TO WALK

I read that humans used to walk and run the equivalent of a marathon a day. Is that true?

Nicky, London

Yes. Humans have evolved to be hunter-gatherers. The men would hunt and run around 25 miles a day, while the women would gather and walk for 20 miles a day. It's worth remembering that we were born to exercise. We grew legs for a reason, and the more we use them, the better our bodies and minds work. For example, if you exercise regularly, you're not only 30 per cent less likely to develop cancer, but you're also much more likely to survive it if you do develop it. So get on up.

HAVE YOU GOT A QUESTION FOR DR PHIL? EMAIL HIM AT dr.phil@revealmagazine.co.uk

Dr Phil regrets that he cannot reply to emails personally

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Jamie Oliver's perfect pasta!

This delicious dish is bursting with nutrition and flavour

Jamie's back – his brand-new book, *Everyday Super Food*, is packed with recipes to tickle your tastebuds. This meal might take a little time to cook, but it is really worth the extra effort. Enjoy!

HAPPINESS PASTA – SWEET TOMATO, AUBERGINE & RICOTTA

As well as being very low in saturated fat compared to most other cheeses, ricotta is also high in calcium, a nutrient vital in keeping our teeth and bones nice and strong.

Serves 4 **Cooking time 1 hour**

INGREDIENTS

2 aubergines
1-2 fresh red chillies
40g pine nuts
2 cloves garlic
1 bunch/30g fresh basil
Olive oil
2 x 400g tins plum tomatoes
Sea salt and black pepper, to season
300g dried wholewheat fusilli pasta
200g ricotta cheese
10g Parmesan cheese

➔ Sit a double-layer bamboo steamer over a large pan of boiling, salted water. Halve the aubergines lengthways and add to the baskets skin side up, with the whole chillies. Cover and steam for 25 mins, or until soft and tender, then remove. Transfer the chillies to a small bowl and cover with clingfilm.
➔ Lightly toast the pine nuts in a large casserole pan on

a medium heat, then lightly crush in a pestle and mortar. Peel and finely slice the garlic and finely chop the basil stalks, then add to the pan with 1 tbsp of oil, and return to the heat to cook until golden.
➔ Tip the tomatoes into the pan through your hands, crushing and scrunching them up as you go. Fill each tin with water, swirl it around, and add to the pan with a good pinch of sea salt and black pepper. Bring to the boil, then simmer gently for 30 mins, or until reduced by half, roughly chopping and

adding the aubergines for the last 10 mins.

➔ Meanwhile, cook the pasta in the pan of boiling salted water according to the packet instructions, then drain, reserving a mugful of cooking water.

➔ Peel and deseed the steamed chillies, then finely chop and stir into the sauce. Tear in most of the basil leaves, and season to perfection. Toss the pasta and ricotta through the sauce, loosening with a little reserved water, if needed.

Serve with the pine nuts and the remaining basil leaves scattered over, adding a grating of Parmesan before serving.



Everyday Super Food, by Jamie Oliver, is published by Penguin Random House. © Jamie Oliver Enterprises Limited (2015 Everyday Super Food). Photographer: Jamie Oliver

Calories	Fat	Sat fat	Protein	Carbs	Sugar	Fibre
472kcal	18.9g	5.3g	20.5g	60.2g	12g	10g



'SIMON loves m REALLY'

When Simon Cowell took a swipe at *Strictly Come Dancing* – and Peter Andre in particular – we were all a bit shocked. Now Peter fights back, and tells us he's cool about the show's famous love curse as he dons his sequins and gets ready to rumba



Peter's dance partner Janette is engaged to fellow pro Aljaz – phew!

We're all used to seeing the competition heat up between rival shows *The X Factor* and *Strictly Come Dancing*.

But, when Simon Cowell was asked recently whether he believed *Strictly* could beat *The X Factor's* ratings based on this year's line-up, we didn't think he'd target poor Peter Andre!

Simon, 55, said, 'Who's the worst, Peter Andre? If it's us versus Peter Andre, I've got to put my money on us.' Ouch!

Thankfully for Simon, when we ask Peter, 42, how he feels about the renowned meanie's comments, he shrugs them off with a laugh.

'I've only got two things to say in response to Simon,' Peter says. 'Firstly, I know he loves me really. Secondly, he looks awesome with his stubble. That's all he's getting out of me!'

Despite Simon's teasing, Peter is already the favourite to take home the coveted glitter-ball trophy, with even his co-stars praising his 'snake-like hips'.

But at home, Peter explains that his new wife, Emily MacDonagh, 26, and his elder kids, Junior, 10, and Princess, eight, show their 'support' in a less obvious way.

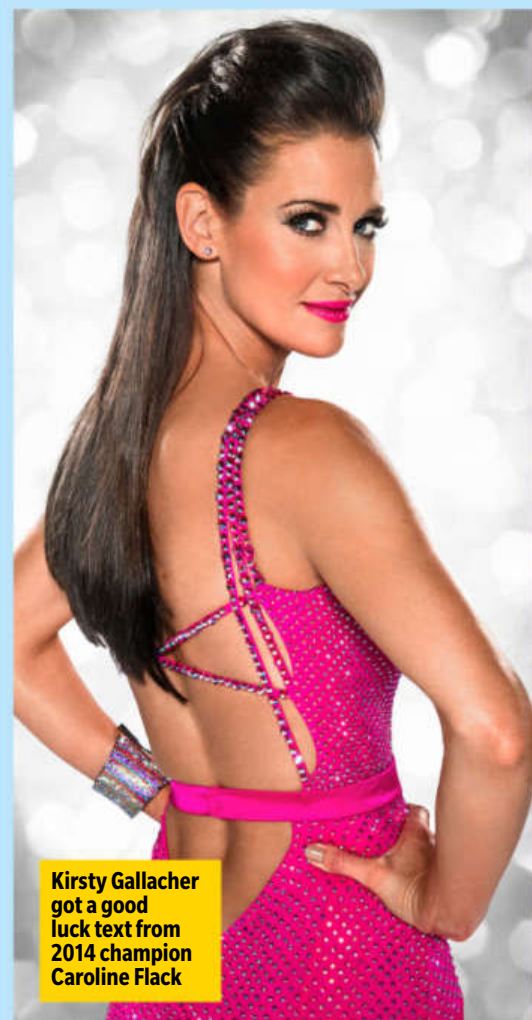
'When I get home, I don't mention anything. I just wait for my family to start on me,' Peter laughs. 'Junior will usually say something smart. Emily will walk past and say something like, "How are you?" while doing some elaborate arm gesture, as if we're about to start the tango! They like to tease me.'

Peter goes on to say that, despite the dreaded 'curse of *Strictly*', which has led to eight couples splitting from their partners, Emily isn't worried.

'If, after just a month and a half of marriage, Emily already had to worry about that, then we've got problems,' Pete says. 'She's the most wonderful person and doesn't even talk about things like that. That makes me very lucky – I won't take it for granted.'

Luckily for Peter, there should be no false rumours of romance. He's paired with dancer Janette Manrara, 32, who got engaged to fellow *Strictly* dancer, Aljaz Skorjanec, last month.

Peter said of their pairing, 'Honestly – everyone was saying how amazing she is, so to have this opportunity [to dance with Janette] is going to be so great. I am going to learn from the best!'



Kirsty Gallacher got a good luck text from 2014 champion Caroline Flack

ONES TO WATCH

After just five minutes in former Olympic sprinter Iwan Thomas' company, we felt utterly charmed by the Welsh athlete, as he promised to take his clothes off and embrace the glitz and glamour of the competition. Look out, Ola Jordan, his dance partner for the series!

'The vital thing for me will be to wear the brightest, campest outfits possible,' Iwan, 41, says. 'I went into the wardrobe and said "I need it baby blue and I need it tighter."

My first outfit is very tight, my second outfit will be low-cut, then, in the third week, the outfit will be coming off!

Bubbly ex-*Corrie* actress Georgia May Foote is paired with newbie Giovanni Pernice. 'I can't wait to do the rumba,' she says. 'I think I'll love it because it's just like acting. So passionate and intense – I think I'll be dead good at it!'

But, unfortunately for her boyfriend of five months (and former *Corrie* co-star) Sean Ward, she may not be practising her new moves with him.

'He's not the best dancer, to be honest,' Georgia says.

'He's so tall that I need to get on my tiptoes to dance with him!'

EastEnders actress Kellie Bright, 39, who plays Linda Carter, is also one

to watch...

and her on-screen hubby, Danny Dyer, is threatening to be her chief cheerleader.

'My biggest problem will be having Danny in the audience,' says Kellie, who's paired with Kevin Clifton. 'I'm worried he'll shout "Oi!" if anyone says anything negative.'

Kellie says she's keen to practise with Matt Di Angelo, who reprised his role as the Square's Deano Wicks last year and was runner-up in *Strictly* in 2007. 'I'll definitely have a dance around the canteen with Matt!'

Iwan Thomas' keen to strip down for action

Georgia May Foote's getting passionate

Kellie Bright's got her 'Enders supporters

Jamelia is practising her steps everywhere

Reveal says

Tweet us your *Strictly* faves @RevealMag

SINGLE AND HOT TO (FOX) TROT

This looks to be the year of hot, single ladies on *Strictly* – with Kirsty Gallacher, Jamelia and Helen George all taking part.

And Sky presenter Kirsty, 39, who split from rugby player Paul Sampson last year, isn't exactly ruling out a romance on the show.

Kirsty, who's paired with happily married Brendan Cole, says, 'I'm single. If romance happened, would I go with it? No comment.'

Kirsty also admits she's lucky to have a close friend in last year's winner, Caroline Flack, who's given her plenty of advice.

'Caroline sent me a message saying, "I'm so pleased you're doing it, it's amazing and such a great journey"', Kirsty says. 'I just wanted a challenge, and it's certainly that. My feet are in so much agony, it's like they aren't joined to my body!'

And it isn't just Kirsty that's finding the training intense. Singer and *Loose Women* panellist Jamelia, single for six years since splitting with footballer Darren Byfield, admits that the training for the cult dance

show is tougher than she ever imagined.

'When you're the star of a music video, you don't really do as much of the choreography,' says the *Superstar* singer, 34, who's been paired with one of the show's hot new dancers, Irishman Tristan MacManus.

'But now, looking back, I wished I'd paid more attention to my backing dancers because it's such hard work! I've found myself practising my steps constantly, even while I'm doing the washing up at home.'

And *Call The Midwife* actress Helen George has already fallen victim to the *Strictly* curse. Just a week after signing up to the show, she split from her husband, actor Oliver Boot. Now, she's not sure she's catching the professional dancers eyes for the right reasons.

'I used to do ballet, but having experience in that kind of dance has actually been a hindrance,' says Helen, 30, who is paired with Aljaž Skorjanec. 'Ballet is such a stiff type of dance that I have no idea how to move my hips! The boys keep saying, "Stop turning your feet out, you look like a duck!"'

Katherine Parkes

Strictly Come Dancing returns to BBC One on Friday 25 and Saturday 26 September

Helen George's finding it a lot harder to crack than ballet

7days

REVEAL'S CARENA
CRAWFORD PICKS THIS
WEEK'S TV HIGHLIGHTS

ONE HUNDRED AND EIGHTY

Davina McCall teams up with Freddie Flintoff to host a new game show based around darts – think *Bullseye* for the 21st century. Top players will team up with darts-mad members of the public to win cash prizes. Darts legend Phil 'The Power' Taylor, current world champion Gary Anderson and world No.1 Michael van Gerwen are all taking part as Freddie – alongside pro darts commentator Rod Studd – provides the commentary. The team with the best aim will play for the cash prize at the end of it all.

SKY1, TUESDAY 15 SEPTEMBER, 8PM



It's the final chapter of Shane Meadows' landmark series and we're in the summer of 1990. After the less-than-festive Christmas of 1988, we're only two years on, but a lot can change as the gang embrace a new decade. Woody is in his element as a stay-at-home dad, while Lol is flourishing running the school kitchen. Elsewhere, Harvey and Gadget are getting 'baked' all day, Chrissy's got a girlfriend, and Shaun is pining for Smell. There's a party brewing as the summer of love gives way to a winter of discontent.

CHANNEL 4, SUNDAY 13 SEPTEMBER, 9PM

DON'T MISS

Britain's Biggest Adventures With Bear Grylls sees the explorer head out on an epic journey of discovery across England, Scotland and Wales. He'll experience the British Isles at their most spectacular on ITV on Tuesday 15 September at 9pm.

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For more information visit Freedom.co.uk

**TOP
SKIN
TIP!**

AN INSPECTOR CALLS

David Thewlis plays The Inspector in this adaptation of the JB Priestley play. It's part of the BBC's 20th-century literature classics season and we all remember it from GCSE English. A young woman has committed suicide and the Inspector calls to interrogate the wealthy Birling family. As each member is gradually revealed to have known the victim and played a part in her demise, however unwittingly, will the mysterious detective expose their guilt and change their lives forever?

BBC ONE, SUNDAY 13 SEPTEMBER, 8.30PM



HOT NEWS

Coronation Street goes live on Wednesday 23 September with a tense, hour-long episode. As well as Lloyd and Andrea's exit, and Tim finding out about Sally and Kevin's kiss, the Platts are up against Callum Logan as the drug dealer pushes them to the edge.

'90



THE YORKSHIRE VET

We head to North Yorkshire's Skeldale Veterinary Centre, the original practice of the late Alf White – also known as James Herriot whose books inspired popular drama *All Creatures Great And Small*. All areas of the practice are open to us as vet Julian Norton and his partner Peter Wright uphold the spirit of the past while dealing with modern-day medical procedures. From alpacas to piglets, cats to cows, and hamsters to horses, any animal, whatever its size, is treated here, and animal welfare always comes before profit with that extra dose of tender loving care.

C5, TUESDAY 15 SEPTEMBER, 8PM

THIS WEEK'S SOAP HIGHLIGHTS

EastEnders



LAUREN BACK

A heavily pregnant Lauren arrives and tells Jane she knows who really murdered Lucy. As Lauren insists she won't let her dad go down for a crime he didn't commit, Jane pleads with her not to reveal the truth. Lauren's firm she's going to spill the beans, but she's stopped in her tracks when she goes into labour. Will the birth of her baby change her mind about dobbing Bobby in?

EASTENDERS, BBC ONE, MON & FRI, 8PM, TUE & THU, 7.30PM

MAX RUN OVER

As Callum continues to terrorise the Platts, he demands Kylie pay him £20,000 to get out of their lives for good, but Gail sees red and chases him out of the house. Spotting the commotion, David hurries over and fights with Callum. Max screams at Cal that he hates him and runs off, straight into the path of Nick's car. Will Nick hit the little boy?

Coronation Street



CORONATION STREET, ITV, MON, 7.30PM & 8.30PM, WED, 7.30PM, THU, 8PM

Emmerdale



EMMERDALE, ITV, MON-THU, 7PM

PETE KILLS ROSS?

Ross puts on a show of caring about Pete's depression, but all the while he's plotting to kill his brother. He takes Pete to the pub then when he takes drunken Pete home, Ross writes a fake suicide note from his brother before lifting unconscious Pete onto the bed. He positions a gun next to Pete's head to make it look like he's killed himself, and prepares to pull the trigger...

FREDDIE KISSES MERCEDES

With Kim determined to split Lindsey and Freddie up, she starts meddling in their relationship, causing Lindsey to keep snapping at her oblivious husband. As Kim hints at Freddie that Lindsey has feelings for Joe again, Fred's had enough and heads out to drown his sorrows at the Loft. Mercedes is there and as the pair feel sorry for themselves together, Freddie leans in for a kiss. How will Mercy respond?

Hollyoaks



HOLLYOAKS, CHANNEL 4, MON-FRI, 6.30PM



Tom Hardy
doubles up

LEGEND

What's better than watching Tom Hardy in all his glory? Watching two Tom Hardys! That's right, ladies, it's double trouble, as the Brit actor plays both Ronnie and Reggie Kray in *Legend*, a film about the notorious East End gangster twins who terrorised London in the 1950s and '60s. This gritty crime thriller details the rise and fall of the unpredictable duo who'd stop at nothing to get what they wanted. Narrated by Frances, the tragic young wife of Reggie, and bringing us right into the heart of Ronnie's psychotic rages, this gripping film offers a unique insight into the Krays' personal lives. Don't wait for the DVD – this is definitely something to watch on the big screen.

Legend is out in cinemas, 9 September



Emily Browning
as Frances



Taylor's hot
for Calvin...

...but
hot
with
Scott

TAYLOR SWIFT'S LEADING MAN

Look away now, Calvin Harris, it seems that Taylor Swift has another handsome guy in her life! The singer has recruited oh-so-hot Scott Eastwood – son of legendary actor, Clint – to appear with her in the video for her latest single, *Wildest Dreams* – and it's very intense. In a short preview, we see things get steamy between the pair on safari, as they move in for a kiss (in the rain, of course). Us, jealous? Never!



It's cool
to have
jewels
in your
hair

CROWNING GLORY

It's official, flower garlands are so last season! Instead, jewelling your crown is a major trend for the coming months. Dolce & Gabbana's models walked the A/W 2015 runway with gemlike hair accessories, and some even wore crowns! Work the regal look for yourself with this ornate, Double Filigree Leaf Hair Crown, £25, by Asos – and bring out your inner Ophelia.

BUZZ-O-METER

What's hot in the *Reveal* office this week



FLIP THE BIRD!

As the summer limps into autumn, this could be your last chance to soak up the sunshine (weather permitting), so why not enjoy one last BBQ? And if you're feeling *really* daring, check out Iceland's ostrich burgers and kangaroo sausages. Chucking those on the charcoal will be like having a bush tucker trial in your very own back garden – minus Ant and Dec's commentary!

STILL FRESH, 25 YEARS ON

Get ready to feel old, as *Fresh Prince of Bel Air* is turning 25 this September. Crazy, right? From its catchy theme tune (which we still know word for word) to cousin Carlton's epic dance to Tom Jones' *It's Not Unusual*, the hilarious sitcom was, and always will be, one of our favourites! And it seems Will Smith has fond memories of life with the Banks family, as he is reportedly set to produce a modern remake of the hit show. Here's hoping that Will and Jazzy Jeff make a cameo appearance!



Is Will set for a
royal return?

Olivia-Anne Cleary

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Love it!

Made In Chelsea's **Proudlock**, 28, dishes his crush on Rihanna and his unorthodox first date with girlfriend Emma

MY FAVE... FESTIVAL?

Secret Garden Party. I went with a really good group of people last year and we had loads of fun, so I have great memories of going there. For me, what makes a festival great is the people you go with.

FOOD?

Sushi. I will eat any and all types – I'm completely obsessed with it. I love Japanese culture.



TV SHOW?

The Wire. It's just unbelievable! The storylines and the characters are so gripping – I think that's why it's become such a cult show. I also love

Idris Elba, who stars in it – he's one of my favourite actors.

CELEB CRUSH?

Rihanna. She's super-cool and super-hot. It's the personality with her, too. She's just crazy-confident.

BAND?

One Direction.

No, really! I think they're cool, but now they're splitting up, I am mostly interested in Zayn. If he goes into hip-hop, I'll be listening. I also love The Vaccines, Mumford & Sons and King Charles.

AFTERSHAVE?

Chanel Allure Homme Sport is my favourite. It's really fresh.



HOLIDAY DESTINATION?

You can't beat Ibiza for a holiday. It's perfect if you want to party or chill. I stayed at the Thomson Scene Ushuaia Ibiza Beach Hotel this summer. It has big-name resident DJs like David Guetta, so you don't even need to leave your sun lounger!



HANGOVER CURE?

A Berocca and a big glass of water do the trick for me. It's a good, reliable method. That said, my girlfriend, Emma, taught me to drink Tequila, as it doesn't give you hangovers in the first place. It really works!



GUILTY PLEASURE?

Starbucks frappuccinos. I love them, even though they are loaded with calories.



PERSON?

Definitely Emma. Three years ago, I saw her in a catwalk show. Our eyes met, but we didn't! Six months later, I spotted her on a billboard in Edinburgh airport, so, like a creep, I messaged her on Facebook. Two years later, when we were both single, we met up at the Commonwealth Games in Scotland. We had our first date on the train back to London!

Proudlock is working with Thomson Scene, visit thomson.co.uk



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